



# Nautilus®

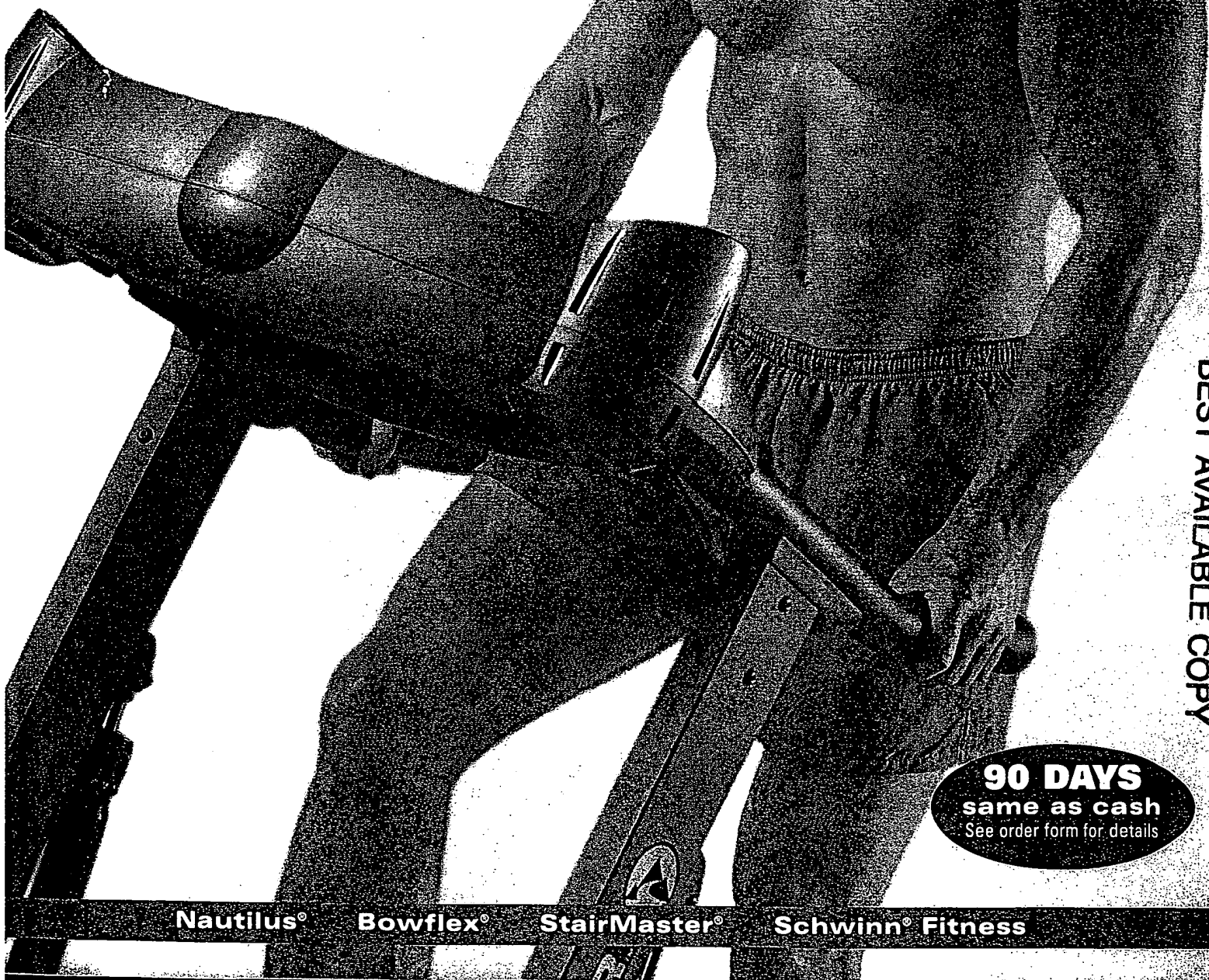
HOME HEALTH & FITNESS CATALOG

Premiere Issue 2004

Get into your  
best shape ever!

## Introducing the TreadClimber®

Revolutionary technology moves more muscles  
and burns 2-1/2 times more calories so you get  
in shape faster. See page 4.



BEST AVAILABLE COPY

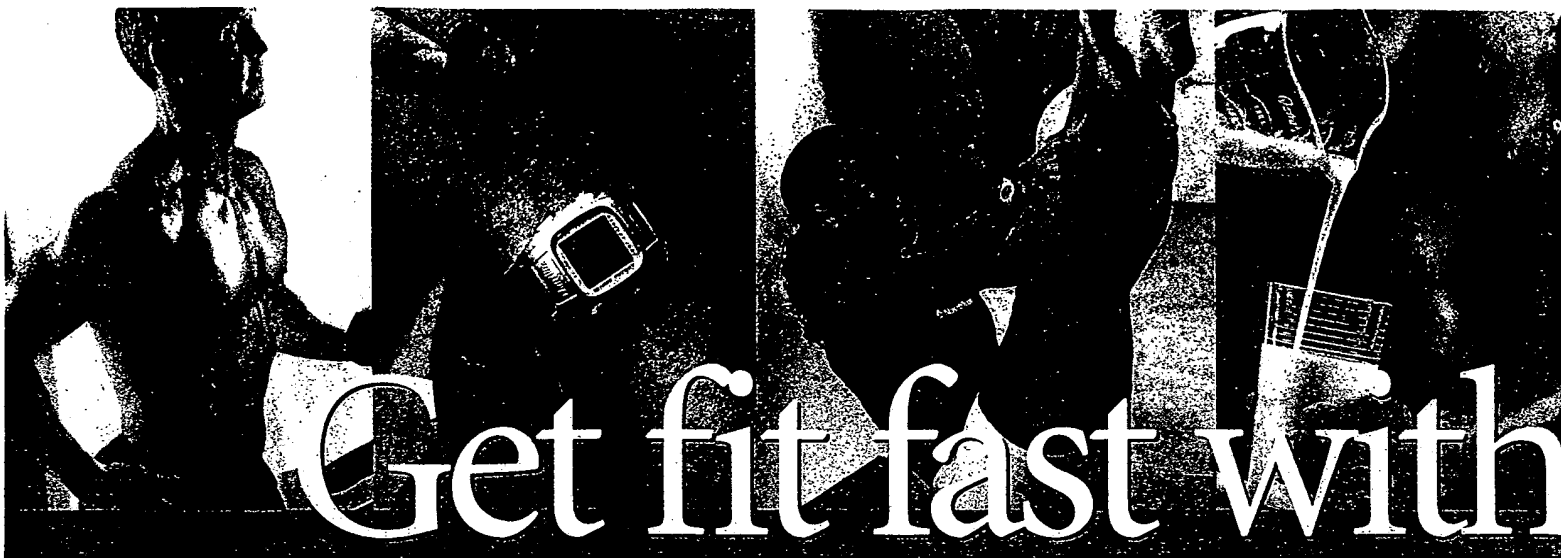
**90 DAYS**  
same as cash  
See order form for details

Nautilus®

Bowflex®

StairMaster®

Schwinn® Fitness



## Did you know...

- ❖ According to fitness author Wayne Westcott, Ph.D. building muscle speeds your metabolism. As you age, your metabolism slows, strength training reverses that process.
- ❖ Regular exercise increases your resting metabolic rate, which means you could be burning calories at an increased rate for as long as 48 hours after your fitness routine.  
– The Women's Complete Health Book
- ❖ Studies show that too little shut-eye leads to an increased risk for heart disease, diabetes and even weight gain.  
– Fitness magazine, December 2003
- ❖ According to Jeffrey Woods, Ph.D., exercise metabolizes immune cells and may protect your body against impending threats such as a virus.
- ❖ New medical research conducted at the Washington University School of Medicine, the University of Hawaii and the University of Helsinki proves that modest cardiovascular activity can increase your chance of living longer by as much as 44%.



## Welcome to a new chapter in home fitness...

Imagine how great you'll feel – and how fantastic you'll look – if you choose the road to fitness! Nautilus, a complete health and fitness company, brings that goal within reach. We've been providing exercise equipment that withstands rigorous activity and provides astounding results to health clubs and gyms across the country for over 30 years. Now we're bringing them to you.

I'm pleased to present the premier issue of the Nautilus Home Health & Fitness Catalog. It embodies our commitment to helping people achieve a fit and healthy lifestyle through exercise, rest and nutrition. We've assembled our brands **Nautilus®**, **Bowflex®**, **Schwinn®**, **Stairmaster®** and **TreadClimber®** into one complete home fitness resource.

Weight control and fitness are increasingly serious issues in this country, and Nautilus provides you with serious solutions. Whether you want to tone your muscles, jump-start your metabolism, lose excess weight or achieve the look of overall vitality and youthfulness – we have the products you need to reach your ultimate fitness goals!




Gregg Hammann  
Chief Executive Officer



From **Cardio** to **Toning & Stretching**,  
**Strength Training** to **Rest & Relaxation**,  
 we have what you need to get into your best shape ever.


**C A R D I O** **PAGES 4-17**

**Cardio Equipment and Accessories**  
 Check out our 'guaranteed to succeed' line of Nautilus cardio equipment—for the first time ever available for home use. They are fun, easy-to-use, and effective – a motivating combination! Maximize your fitness potential with our treadmills, indoor bikes, elliptical trainers and stairclimbers. Try our ultimate solution for losing weight and getting in shape, the revolutionary TreadClimber!




**S T R E N G T H** **PAGES 30-47**

**Strength Training**  
 Sculpt your muscles, lose weight, look great and feel fabulous with our comprehensive collection of gym equipment, free weights and accessories – all designed to give you the physique you desire. Building muscle mass burns more calories and increases your metabolism even when you're resting – and we have what you need to strengthen and sculpt your way to physical perfection!




**N U T R I T I O N** **PAGES 18-29**

**Nutrition, Stretching and Toning**  
 To get the most from your workouts, provide your body with what it needs to nourish itself from the inside, with nutritional supplements that build lean bodies and replenish your strength and stamina! Relax, stretch and breathe your way to improved flexibility with our yoga, Pilates, and balance collection. We offer simple solutions to lose weight and get fit.



**R E C O V E R Y** **PAGES 48-55**

**Recovery, Rest and Relaxation**  
 Proper rest is just as vital to your ongoing health and fitness as are workouts – so relax... after your hectic day, you deserve it! We scientifically studied the body at rest, and created a revolutionary sleep system, designed by fitness experts for athletes of all levels. You'll feel energetic, look fantastic, and be able to work out harder after catching some zzzz's on our Nautilus Sleep Systems.



**ORDER NOW**

**1-800-436-9892**

Experience the new revolutionary technology of TreadClimber®.

## Welcome to the next generation of fitness.

### The Nautilus® TreadClimber® burns 2-1/2 times more calories.

Nautilus® brings you the perfect calorie-killing machine, designed to get you into your fat-burning zone fast and keep you there, for total fitness and the great-looking body you want. Revolutionary TreadClimber's gradual hill-climbing motion means you'll work more of your major muscle groups, so you get faster results with less perceived effort. In fact, an Adelphi University study proved that walking on TreadClimber burns 2-1/2 times more calories than the same speed on a treadmill.

### Get the Body You Want in Half the Time.™

There's never been a fitness breakthrough like this. Nautilus combined the science of walking and climbing into one revolutionary workout machine that exercises large muscle groups in two different ways – so you get into your fat-burning zone fast! This is one fast, effective, calorie-burning fitness routine. The unique, dual motion of the TreadClimber allows you to experience this practically effortless and invigorating exercise in the privacy of your own home.

### Easy to use — for faster results!

30 minutes a day, 3 times a week is all it takes to get a lean, beautiful body. Guaranteed.\* TreadClimber's state-of-the-art design and technology adjust easily for any fitness level. Whatever your health goals, the Nautilus TreadClimber fitness equipment will get you there faster and easier.

### Calories burned in 30 minutes

Proof: TreadClimber burns more calories faster

Sources:  
Adelphi University Study  
caloriesperhour.com

180 lb.  
individual

**TREADCLIMBER®**  
@ 3 mph

**348**

Stationary Bike  
moderate pace

260

Stair Stepper  
average pace

259

Treadmill  
@ 3 mph

135

Walking  
3 mph

123

90 100 200 300 400  
Total Calories Burned

**Nautilus**





### TC5000™

Our most popular gym-quality machine keeps you in the zone!

- 12 Intensity Settings for a custom workout
- Wireless Heart Rate Monitor built-in
- Speed from 0.7 to 4.0 mph
- 8 electronic functions

The powerful TreadClimber® TC5000 is our premium cardio fitness solution. Easy-to-read electronic functions monitor speed, time, distance, climb elevation, calories burned and more, while the Integrated Wireless Heart Rate Monitor keeps you in your fat-burning zone. Convenient Quick Start remembers your workout settings. Includes ergonomic console with book holder, two oversized drink holders, plus space for a TV remote and personal stereo. Compact size uses less space than a treadmill or bike. Comes with our best warranty: 5-year motor and 3-year electronic.

AC025 \$2,199  
(\$199)

**ZERO DOWN**  
Payments as low as

**\$72**

per month.  
See order form  
for details.

Includes **FREE**  
**Machine Mat**

Shown on next page.  
A \$99 value!



### Take the TreadClimber® 30-day Challenge!



**100%**  
SATISFACTION  
GUARANTEED

Try TreadClimber in your home for 30 days, with zero-down financing and low monthly payments. Use your TreadClimber for just 30 minutes a day, 3 times a week. We guarantee you'll look better and feel better in as little as 30 days — or we'll refund your money! \*See order form for details.

**ORDER NOW**

**1-800-436-9892**



## Get in shape in half the time

### TC3000™

**Power and performance  
in a mid-level value!**

- 6 electronic functions
- 12 Intensity Settings for your ideal workout
- Speed from 0.7 to 4.0 mph

Step up to a revolutionary workout that's as easy as walking, yet still burns 2-1/2 times more calories – so you'll look and feel better *faster!* The feature-packed TreadClimber TC3000 combines six easy-to-read electronic functions to give you the motivation and feedback you need to succeed. Monitor speed, time, distance and total steps, as well as calories burned and calories per minute. Includes ergonomic console with book/magazine holder, two oversized drink holders, plus space to tuck your TV remote control and personal stereo. Compact size and attractive design fits in any room. Full 2-year warranty on electronics; extended 3-year warranty on motor. Get the TC3000 and get moving – you'll reach your fitness goals in record time!

AC024 \$1,799 (\$199)

### Why is the Nautilus TreadClimber® so much more effective than any other fitness machine?

The TreadClimber® fitness equipment's unique, dual motion combines stepping and walking at the same time. This is the secret to TreadClimber's amazing success. It simultaneously works large groups of muscles – including legs, back, abs and arms – in several different ways. All this muscle movement gets your body into its ideal calorie-burning zone fast. And that means you get more results, in less time, than with any other exercise machine.

#### Burns more fat than a treadmill.

In a recent university study, TreadClimber beat an ordinary treadmill with a whopping 2-1/2 times more calories burned. Instead of a single, flat walking surface, TreadClimber's dual platforms get you to your fat-burning zone with less effort and less impact on your joints.

#### Easier on your body than a stair-stepper.

The Nautilus TreadClimber uses a gradual hill-climbing movement that is much less grueling than the straight up-and-down exertion required by a stair-stepper. And yet TreadClimber *burns more calories* and works more muscles in a workout of the same duration.

#### Allows a natural range of motion.

Where an elliptical trainer locks users' feet, legs and knees into one strict path, TreadClimber allows a natural range of motion that adapts to your unique stride. The result is a safe and extremely low-impact workout for any age or fitness level.



ZERO DOWN  
Payments as low as

**\$60**

per month.  
See order form  
for details.

# With a TreadClimber® at home.

## TC1000™

**Impressive TreadClimber® results at a rock-bottom price!**

- 3 electronic functions
- 12 Intensity Settings to tailor your workout
- Speed from 0.5 to 3.8 mph

You *can* afford to change your life for the better! Get a full, fat-blasting TreadClimber workout in a slimmed-down machine that's an incredible value. The TC1000 uses the very same, unique, calorie-burning movement. The convenient, easy-to-see electronic console gives you at-a-glance readouts for time, distance traveled and speed – the essential information you need to track your workout progress and keep your motivation up-up-up! Dual speed controls allow for right- or left-handed operation. Reset switch clears all displays with one touch. Includes safety key with automatic shut off. Full 1-year warranty on motor and electronics. With this great value, getting started on the road to fitness couldn't be easier!

AC023 \$1,499 (\$199)



**ZERO DOWN**  
Payments as low as

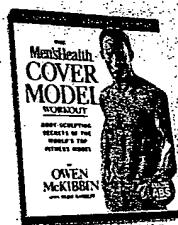
**\$51**  
per month.  
See order form  
for details.

Which TreadClimber® is right for you?	GOOD TC1000	BETTER TC3000	BEST TC5000
Nautilus® motor Guarantee	1-year	3-year	5-year
3-year parts and electronics warranty			✓
Commercial-level Reliability	✓	✓	✓
Patented Dual-Motion System	✓	✓	✓
Integrated Wireless Heart Rate Monitor			✓
12 Resistance Settings	✓	✓	✓
Calories/Calories Per Minute		✓	✓
Total Steps		✓	✓
Workout Timer	✓	✓	✓
Speed	✓	✓	✓
Weight Input		✓	✓
Book/Accessory Tray		✓	✓
Speed Control	✓	✓	✓
Climb Indicator			✓
Quick Start			✓

**"I lost 50 pounds...and  
9 inches off my waist!"**

**"I don't have a lot of time for workouts,  
but with TreadClimber I can achieve  
a big calorie burn – typically 400-500  
calories – in just 30 minutes."**

— DAVE BEALL, 50  
TreadClimber Challenge participant



**The Men's Health Cover Model Workout**  
Get fitness secrets from a pro.  
Men's Health magazine cover model and  
fitness expert Owen McKibbin gives you  
a 16-week workout, diet tips and strategies  
to keep you safe and healthy.

AT127 \$21.95

## TreadClimber® Mat

**Give your workout space a professional  
look: FREE with purchase of TC5000.**

Durable extra-thick rubber mat provides a smooth and stable  
surface for your TreadClimber  
on any carpet, tile or wood floor.

Reduces wear on floor.

Measures 57" L x 35" W.

AC022 \$99



**ORDER NOW**

**1-800-436-9892**




## Nautilus® bikes make the road

### NB 1000 Upright Bike

Take off on a cardio workout — without leaving home.

- 16 intensity settings accommodate any fitness level
- V-Force™ magnetic resistance is smooth & quiet
- Compact “footprint” fits in any room

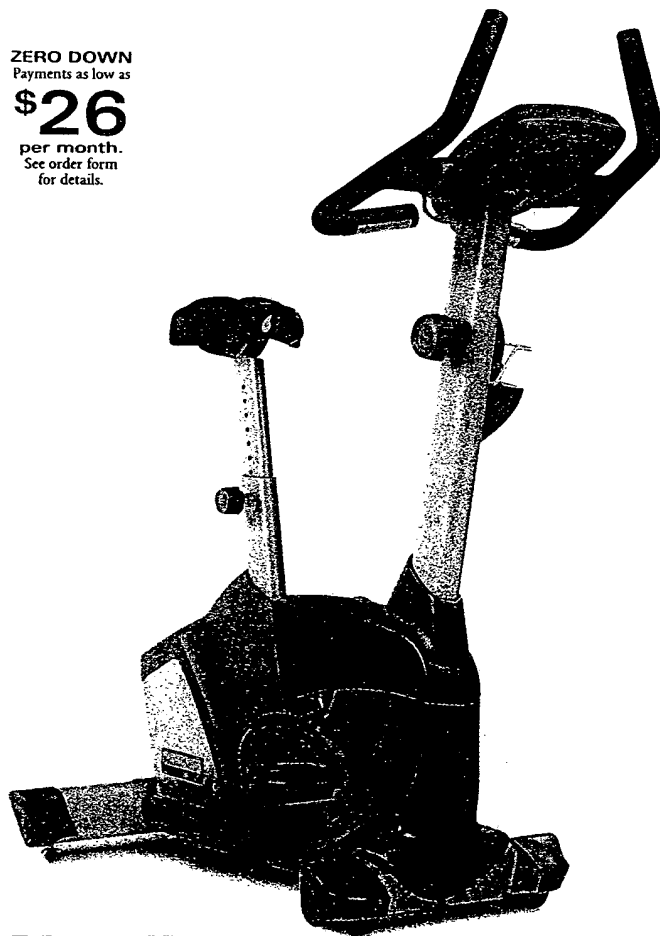
Whether you're a looking for a weather-proof cycling alternative or a low-impact path to cardio fitness, a Nautilus bike makes it easy to stay on your plan — and on your budget! The Nautilus NB1000 Upright Bike features the single-stage, manual-control V-Force™ magnetic resistance system and Poly-V drive belt. Easy-to-read LCD console monitors your workout performance. Built-in touch heart rate monitor. Wider molded seat, plus extra-wide foot pedals. Includes reading rack and water bottle holder. Sleek, stainless steel design backed by a solid 30-year frame, 2-year electronics warranty. 45"L x 26"W x 54"H.

AC005 \$699 (\$149.99) 

**ZERO DOWN**  
Payments as low as

**\$26**

per month.  
See order form  
for details.



**Nautilus®**

## Increase Your Energy and Burn Fat With Easy Cardio Workouts

Ready to look better, feel great and reach your weight loss goals? You can do it! The key to losing weight is simple: burn more calories than you consume. Long-term weight loss is as much about exercise as it is about diet. Adding a cardio workout to your weight loss routine means you burn more calories and shed pounds faster.

**With a little resolve, fat will dissolve!**

Cardio fitness is your key to a supercharged energy level, an increased fat-burning metabolism and a healthy, happy heart. And it's so easy. Just step onto your in-home cardio workout machine and 20 minutes later, you're done. Three simple sessions per week do the trick, and it's so much fun that you'll effortlessly weave your new routine into your busy life. Your cardio workouts will become the best part of your day.

**The key to cardio fitness.**

The key to making a commitment to cardio fitness and sticking with it is making it fun and convenient. That's where a home cardio machine really makes a difference. Pick the right equipment for you and place it in a location within your home that gets you motivated. Whether it's near the TV in the family room, in the garage as a getaway from the hustle and bustle of daily life or as part of a complete home gym. You'll be amazed at how quickly your body responds to a cardio workout and how much fun you have, and you will be delighted with the positive changes that take place in your life.

# fitness easy and fun.

## NR 2000 Recumbent Bike

Have a seat and lose yourself in the comfort of the ride.

- Cushioned back support relieves pressure
- Choose from 6 pre-set programs, 2 custom programs
- Smooth, super-quiet V-Force™ magnetic resistance

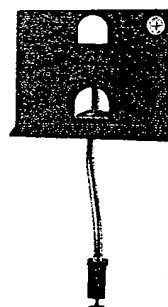
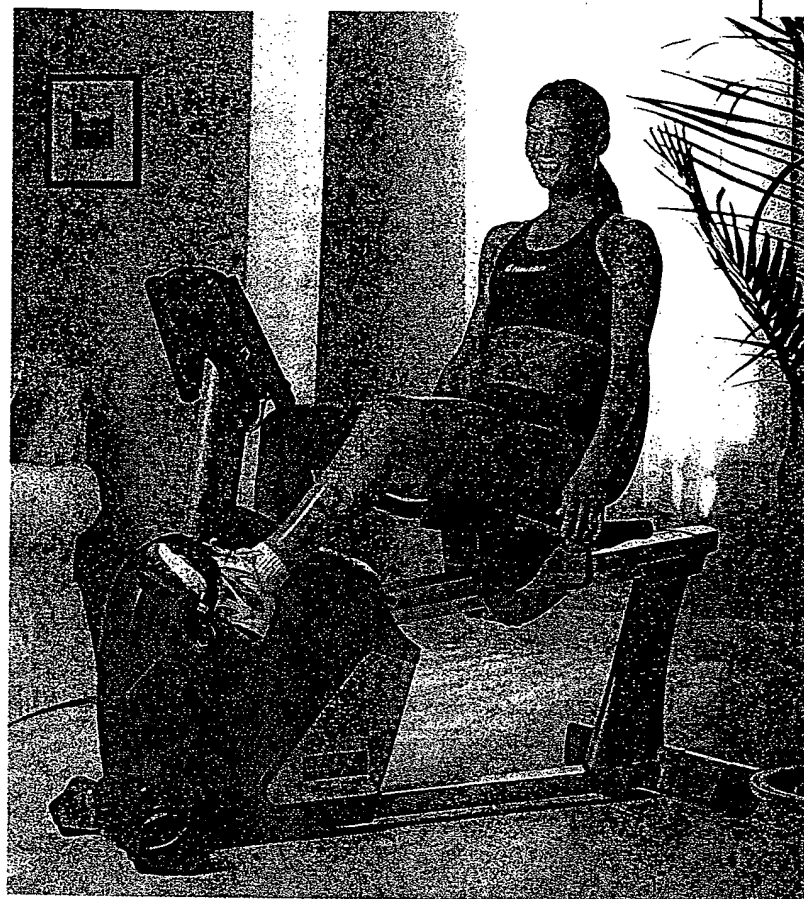
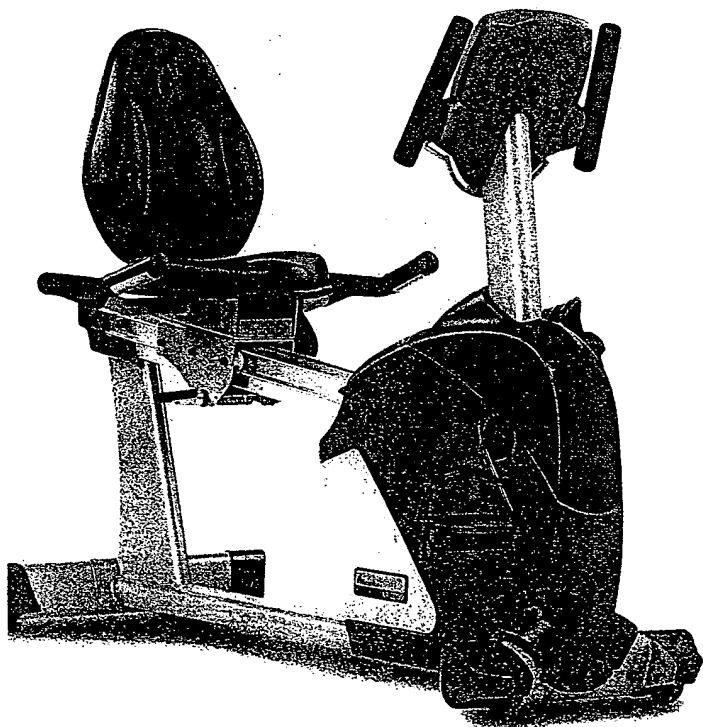
Sit back, relax and pedal your way to a better body and healthier heart. The NR2000 Recumbent Bike's comfortable seat supports your back, while the innovative Heart Rate Control (HRC) feature automatically adjusts intensity to meet your target heart rate. LED console displays course and readouts for time, segment time, speed, average speed, RPM, distance, calories, heart rate, level and more. Single-stage V-Force™ magnetic resistance system is super-smooth. Includes wider commercial grade molded seat, extra-wide foot pedals, built-in reading rack and water bottle holder. 10-year frame, 2-year electronics warranty. 66"L x 26"W x 44"H.

AC006 \$1,199 (\$149.99)

**ZERO DOWN**  
Payments as low as

**\$41**

per month.  
See order form  
for details.

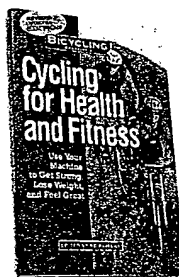


## Flexible Bike Reading Rack

Pedal your way through a good book.

Flexible reading rack mounts easily to almost any fitness equipment, including upright and recumbent bikes. Flexible for a custom fit on nearly all fitness equipment. Clamp mount will attach to square or round tubing 1-3/4" or smaller.

AC002 \$43.99



## Cycling for Health and Fitness

Get advice from the biking experts.

Get strong, lose weight and feel great with step-by-step instructions to road cycling or mountain biking from *Bicycling Magazine*. Get tips on bike basics plus boredom-busting routines to speed you to your fitness goals.

AT122 \$9.95 Softcover.

**ORDER NOW**

**1-800-436-9892**




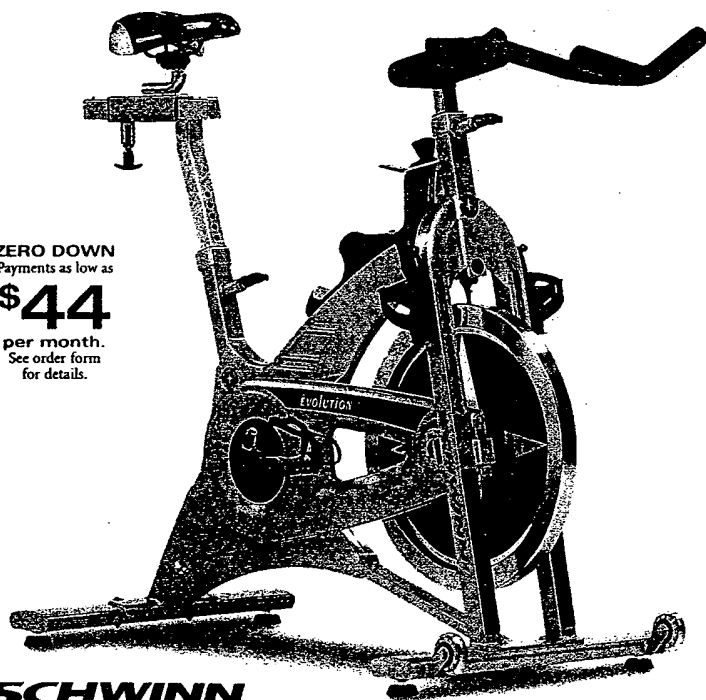
### Schwinn® Evolution® SR

This premier indoor cycle delivers high-cardio workouts with ease.

- Futuristic, one-piece "monocoque" frame is wobble-free
- Realistic "road feel" via a 38 lb flywheel and direct drive gears
- Patented Smart Release™ mechanism allows you to "coast" in addition to all the benefits of fixed gears, specially structured for the ultimate indoor cycling experience

Schwinn's ultimate indoor bike works so well – and looks so cool – you'll want to ride forever! Climb on and experience body-sculpting, high-cardio cycling in the privacy of your own home! Your workout will feel just like you're in your favorite cycle class – but you get to ride when it is most convenient for you! The high-inertia drive system has a perimeter-weighted flywheel and direct drive gearing for the realistic road feel. Smart Release lets you stop pedaling at any time, and the emergency brake quickly stops the flywheel. Customize your comfort with the fully adjustable seat and handlebars. Multiple water bottle holders accommodate 1-liter bottles of any shape. Easy-roll wheels for post-workout storage. Worry-free warranty: 30-year frame, 3-year parts. 38-1/2"L x 24-1/2"W x 47-1/2"H.

AC012 \$1,299 (\$149.99) 



ZERO DOWN  
Payments as low as

**\$44**

per month.  
See order form  
for details.


**SCHWINN**

### Schwinn® IC Pro™

Pedal your way to peak fitness on the legendary Schwinn indoor cycle.

- Rugged steel frame
- Direct-drive gearing simulates real riding
- Road bike saddle seat is comfortable and adjustable, featuring pop-pins for working various muscle groups.

Build your endurance and reshape your body while increasing your stamina with the expertise of Schwinn's IC Pro, where technology and fitness experience come together for this high-performance indoor cycle! Featuring a high-inertia drive system, steel frame, perimeter-weighted flywheel and direct drive gearing, the IC Pro is a smart choice for anyone entering the indoor cycle arena who is seeking a low-impact regimen easing strain on the knees and ankles. The ergonomic seat and handlebars allow multiple positions for your comfort. Adjustable resistance allows you to vary workout intensities. New 22" wide stabilizers and super-strong pedals with toe clips keep you on balance and riding hard. After your workout, roll it out of the way on polyurethane transport wheels. 30-year frame and 3-year parts warranty. 38-1/2"L x 24-1/2"W x 47-1/2"H.

AC013 \$899 (\$149.99) 



ZERO DOWN  
Payments as low as

**\$32**

per month.  
See order form  
for details.

### Nautilus® Towel

Keep dry in Nautilus style.

Work up a good sweat, then dry off with our super-absorbent 100% cotton towel. Features the distinctive Nautilus shell logo appliquéd on front. Keep a supply on hand for slip-free workouts. White. 19-1/2" x 33".

AS037 \$9.95



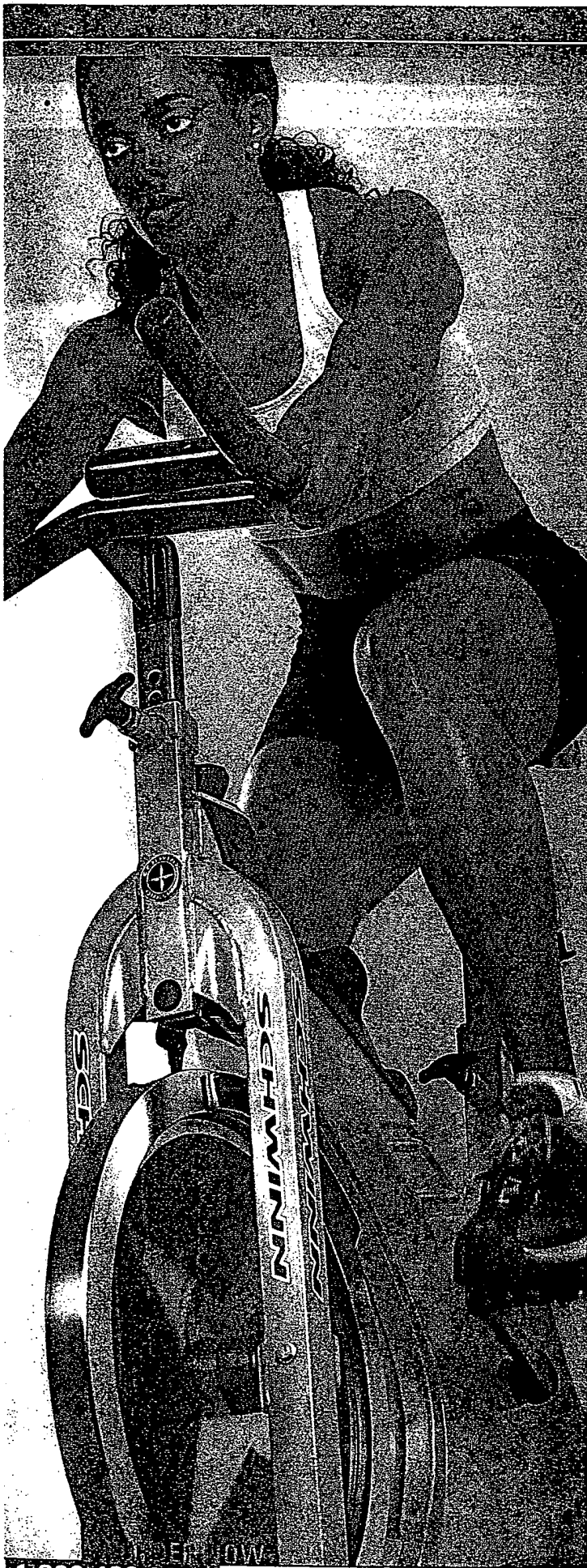
### Nautilus® Water Bottle

Stay hydrated. Stay healthy.

Keep water close at hand to make sure you stay hydrated during every workout. Convenient Nautilus logo water bottle has an easy-grip design and holds 22 oz. Fits securely in most exercise equipment bottle holders. 10-1/4" tall.

AC034 \$3.49






### StairMaster® FreeClimber® 4600 PT

Put authentic gym-quality StairMaster performance to the test - at home.

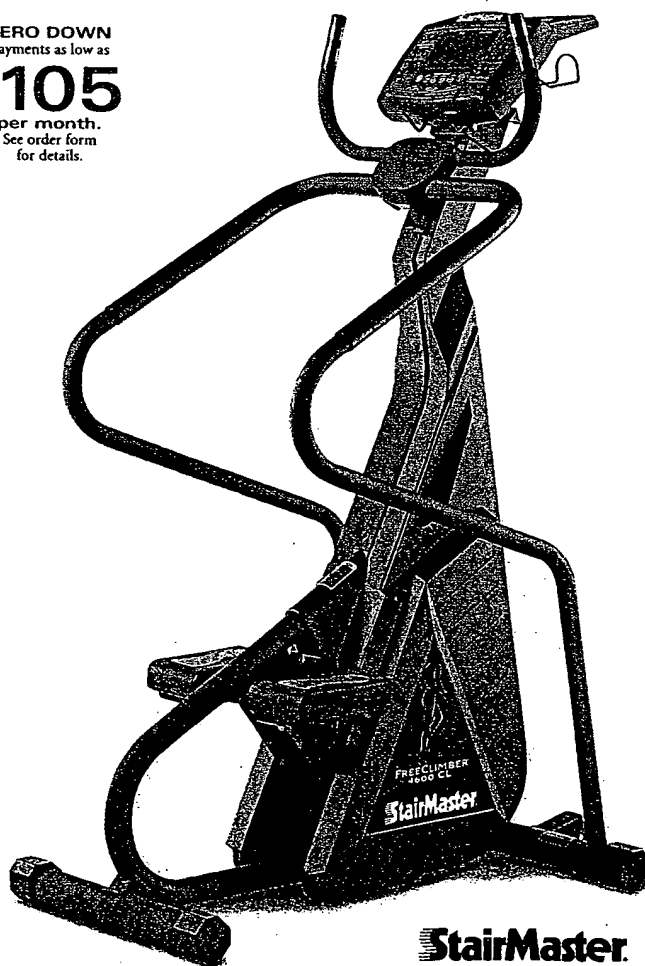
- Shape, tone and sculpt your body with 6 programs, each with 20 levels of intensity
- New custom backlit console
- More comfortable handle design

StairMaster's FreeClimber® 4600 PT is the exact same model you find in gyms everywhere. Why head to the crowded gym for heart-pumping stairclimbing action when you can get the same high-tech experience in your own home! The FreeClimber's new handle design features side rails plus smaller "easy grip" upper-body handles with built-in contact heart rate monitor. Leading-edge console includes a backlit LCD display that's easy to read from any angle. Constant performance feedback shows calories, time, distance, floors climbed and METs (metabolic equivalent, or the intensity level of your exercise, based on your weight and activity level). Includes Quick-Start option, instant-stop and a multi-stage fitness test. Convenient bottle holder and accessory tray with reading rack. The frame is so tough we warranty it for 15 years! 3-year mechanical and electronic warranty. 44"L x 32"W x 69"H.

AC021 \$3,199 (\$299.99) 

**ZERO DOWN**  
Payments as low as

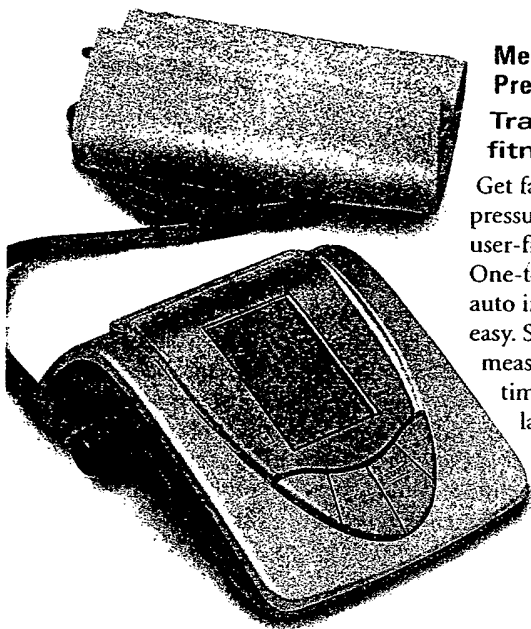
**\$105**  
per month.  
See order form  
for details.



**StairMaster**

1-800-436-9892

With the right tools getting heart smart is easy.



#### Medisana® Cuff Blood Pressure Monitor

**Track your fitness progress.**

Get fast, accurate blood pressure readings with the user-friendly Medisana. One-touch Medi-Sync™ auto inflation makes it easy. Stores up to 99

measurements, all with a time/date stamp and large LCD display.

AC/battery power, batteries included. Comes with travel pouch. 5-year warranty.

AC003 \$79.95

#### Mio™ Shape Diet and Heart Rate Monitor Watch

**Maximize your calorie-burning potential.**

Discreet personal trainer helps you reach your diet and exercise goals. All-in-one wrist monitor tracks workout efficiency against calorie intake and depletion and lets you know when you've reached your goal. Simply enter your personal stats and the rest is done for you. Pocket guide includes calorie tables for restaurant and basic foods and beverages. Red only.

AC004 \$129 (5.95)



#### Weighted Aerobic Bar

**Boost your cardio workout.**

Nautilus' weighted aerobic bars provide incredibly effective exercise. Available in 4-lb., 6-lb., 8-lb. and 10-lb. sizes, these padded, 48" aerobic bars are great for a quick workout when time is short, or as a finishing touch to your full routine.

Weighted Aerobic Bars

4-lb. AC027 \$26.99

6-lb. AC028 \$30.99

8-lb. AC029 \$34.99

10-lb. AC030 \$39.99



#### Shape Cardio Chart-Topper Genre CDs

Heart-pumping collections of chart-toppers from your favorite genres, in beats per minute to stimulate your heart rate and keep you motivated. Save \$10 when you choose all four CDs in the Cardio Bundle.

Shape Cardio 1: 80's/90's Hits  
(14 tracks) AC015 \$14.95

Shape Cardio 2: Pure Rock  
(10 tracks) AC016 \$14.95

Shape Cardio 3: Disco Funk  
(14 tracks) AC017 \$14.95

Shape Cardio 4: Global Dance Hits  
(10 tracks) AC018 \$14.95

Buy all 4 and SAVE! Shape Cardio Bundle AC019 \$49.95

For track information  
go to [www.nautiluscatalog.com](http://www.nautiluscatalog.com)



### ZT-300 Heart Rate Monitor Sports Watch Stay in the zone.

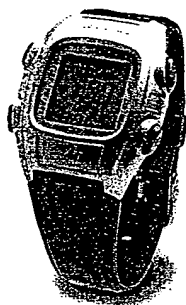
Don't work harder than necessary. For maximum fitness, maintain your target heart rate. Wristwatch-style monitor calculates target and displays your current heart rate as a percentage of the maximum. Sounds an alarm if you go above or below your target. Includes wireless chest strap monitor - fits chest up to 60". Also works as a water-resistant watch and stopwatch.

AC031 \$139.99 (\$5.95)

### Also available: ZT-100 Heart Rate Monitor

Non-alarm heart rate monitor shows current heart rate and percentage of target only. Also functions as a water-resistant stopwatch.

#AC032 \$69.99 (\$5.95)



### Before the Heart Attacks

Get a new lease on a long and healthy life.

Renowned cardiologist Robert Superko (Rodale Books) explains how to take control of your destiny and start your diet and exercise routine with confidence.

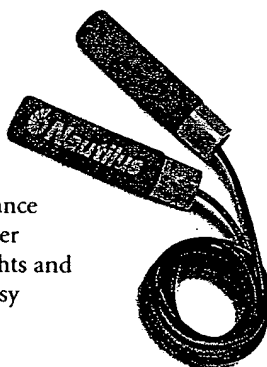
Includes how to target your existing metabolism and genetic history and prescriptions for lifelong heart health.

AT121 \$22.95 Hardcover

### Weighted Leather Jump Rope Skip your way to cardio fitness!

Weighted rope lets you customize each session according to your endurance level. Had a hard day and want a lighter workout? Just remove the .75-lb. weights and take it easy. Ball bearing swivels for easy swinging motion. 9' leather rope.

AC001 \$14.99

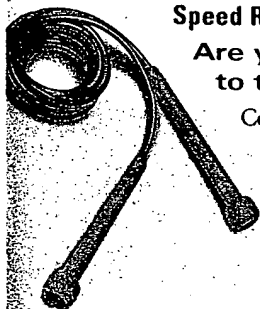


### Speed Rope

Are you tough enough to skip to the next level?

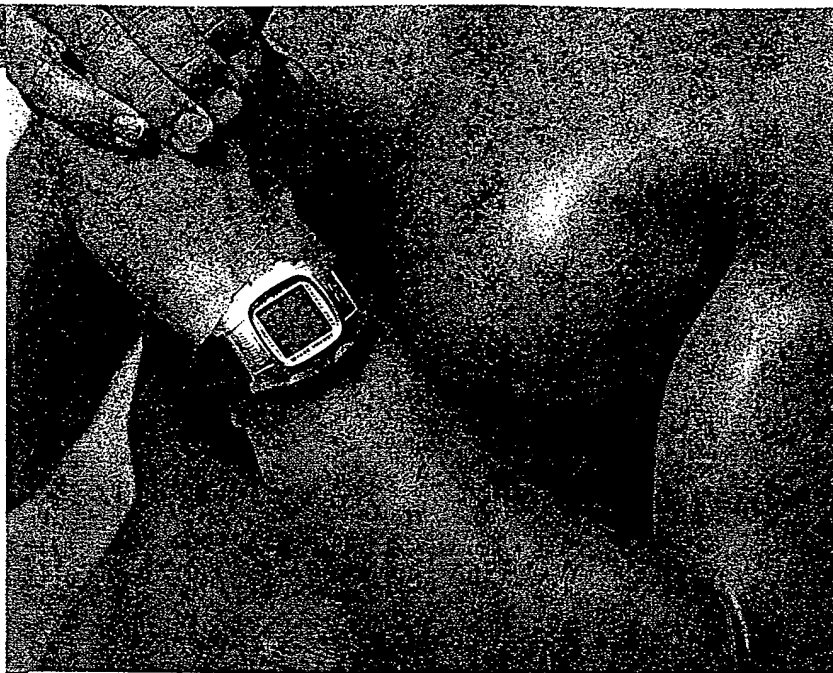
Commonly seen in boxing gyms, now you can pick up the pace of your rope fitness routine with our nine-foot PVC speed rope. Polymer handles are padded for extra comfort.

AC020 \$6.99



**ORDER NOW**

**1-800-436-9892**



## Train in Your Zone to Reach Your Fitness Goals

Whether you want to lose weight and get toned, or increase your strength and endurance, the best way to ensure results is through Targeted Zone Training. Determine your heart rate "zone" and combine your fitness training with a healthy diet for scientifically proven method of success.

<b>HEALTHY HEART ZONE</b> — 50-60% of maximum heart rate Reduces fat, blood pressure and cholesterol and strengthens joints
<b>FAT-BURNING ZONE</b> — 60-70% of maximum heart rate Burns calories and zaps the fat equally all over your frame!
<b>AEROBIC ZONE</b> — 70-80% of maximum heart rate Increases blood flow, lung capacity, size and strength of your heart
<b>ANAEROBIC ZONE</b> — 80-90% of maximum heart rate Increases endurance and burns more calories than the other zones
<b>RED ZONE</b> — 90-100% of maximum heart rate This zone should only be utilized by athletes in peak condition

### The fat-burning zone: your formula for weight loss success.

Keeping your heart rate at 60-70% of its maximum during your workouts zaps calories and gets rid of fat fast. For optimal weight loss, the intensity of your cardio-training should not exceed your fat-burning zone. At higher intensities, your body stops using fat as its energy source - a heart rate monitor is key for efficient workouts.

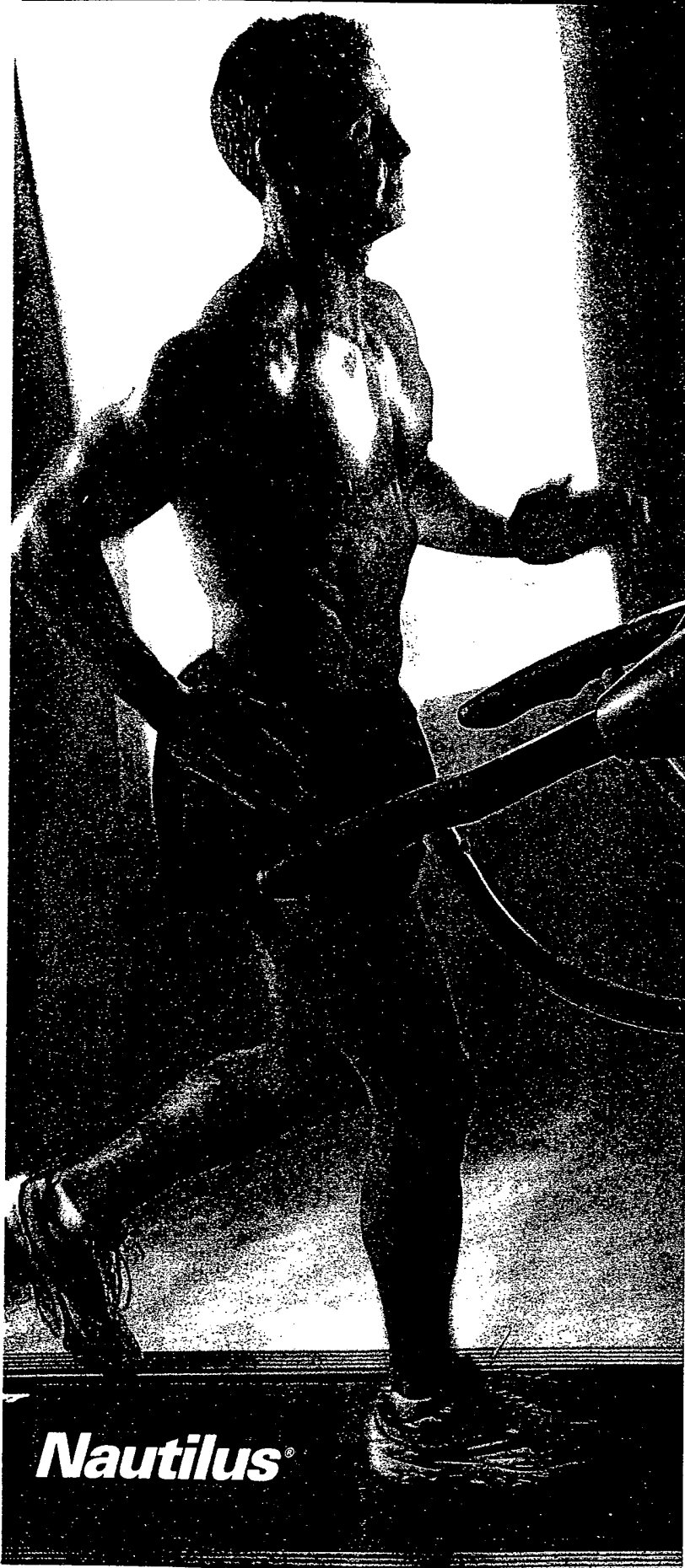
### How to determine your maximum heart rate

You're on your way to the best shape of your life! To stay within your zone, here's how to calculate your maximum heart rate.\*

<u>MEN</u>	<u>WOMEN</u>
210	210
- 1/2 your age	- 1/2 your age
- 5% of your body weight	- 1% of your body weight
+ 4	+ 0
Equals your maximum	Equals your maximum

For example, a 44-year old woman weighing 130 pounds, would be 210 minus 22 (50% of 44) minus 1.3 (1% of her body weight) + 0 (women). Maximum heart rate: 187 beats per minute.

\* To most accurately determine your maximum heart rate, consult with a fitness or medical professional.



**Nautilus®**

**Run or walk your way to  
a better body — easily at home.**

**Nautilus® treadmills deliver  
a lifetime of fitness.**

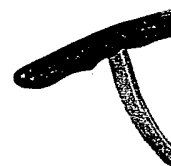
**Welded steel frames mean high-endurance.**

The heart of any treadmill is its frame. The Nautilus® NTR is constructed of welded 12-gauge steel, making these treadmills the sturdiest in their class. With a total treadmill weight of over 300 lbs., these machines are designed to perform smoothly and flawlessly for many years, even with the roughest of punishment. Lighter, bolted frames flex and bend while in use, resulting in a shorter lifespan and unwanted noise. We back up our treadmill's welded steel frame with a 30-year warranty.

**ReACT™ absorption control technology.**

Our patented running surface provides a progressive cushioning system. The ReACT™ technology works through a unique series of impact-absorbing elastomer cushions of variable height and flexibility. Each ReACT™ cushion is custom tailored to a specific size and softness to automatically adjust and provide the perfect walking or running surface\*. The ReACT™ running surface is then rigidly mounted to the back end of the frame providing you with a solid, stable surface to push off from. All NTR treadmills provide an extra large 20" x 57" walking surface for comfort and security.

\* In a recent study conducted at the Boulder Center for Sports Medicine, the ReACT™ system reduced up to 15% of impact for user's at running speeds and up to 20% at normal walking speeds. This is significant as runners typically impact a treadmill at 5 to 6 times their body weight — meaning ReACT™'s technologically advanced deck can reduce impact force by over 100 lbs!



**Large, high horsepower motors.**

Nautilus® treadmills use large 2.7 and 3.0 HP continual-duty drive motors — which gives us the confidence to back them with a 30-year warranty. Our motors are made in the USA and are designed for smooth, quiet operation with high-torque and low heat output, which means a longer life for the user to enjoy. This motor incorporates a high-inertia, cased flywheel, precision balanced to every motor shaft, insuring a smooth treadmill with far less variation in speed than other comparable systems.






## All Nautilus® treadmills feature a 30-year motor and frame warranty

Each Nautilus NTR Treadmill begins with the same high-performance frame. Choose the model with the additional features that are right for your workout and personal fitness goals. All Nautilus NTR treadmills are 75"L x 30"W x 56"H.

### GOOD

#### NTR 300 Treadmill

Your entry into the world of quality home fitness. Extremely simple operation.


AC009 \$1,999  
(\$224.99) 

**ZERO DOWN**  
Payments as low as **\$67**  
per month.

### BETTER

#### NTR 500 Treadmill

Mid-level treadmill is our most popular, with pre-set programs and Heart Rate Control.


AC010 \$2,299  
(\$224.99) 

**ZERO DOWN**  
Payments as low as **\$76**  
per month.

### BEST

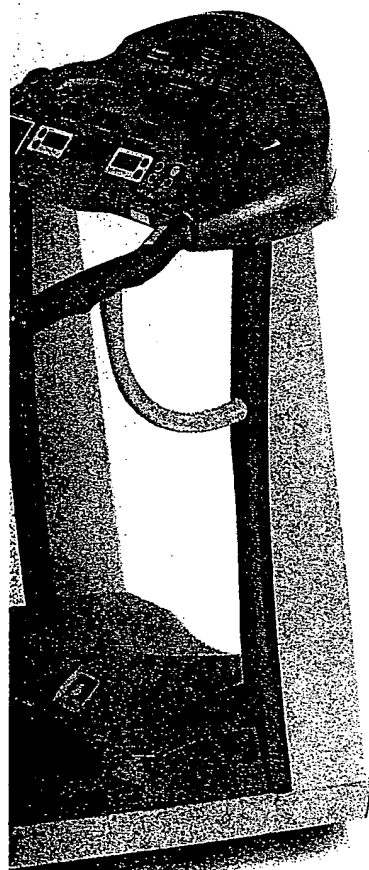
#### NTR 800 Treadmill

Our top-of-the-line treadmill comes with over 90 levels of intensity.

AC011 \$2,699  
(\$224.99) 

**ZERO DOWN**  
Payments as low as **\$88**  
per month.

PERFORMANCE FEATURES	Speed Range	0.5 – 10 mph	0.5 – 11 mph	0.5 – 12 mph
	Incline Range	0% – 12%	0% – 12%	0% – 12%
	Motor Size	2.7 HP Continuous Duty DC	2.7 HP Continuous Duty DC	3.0 HP Continuous Duty DC
PROGRAMMING OPTIONS	# of Workout Programs	11	10	10
	Workouts	7 Preset (Incline based) 2 Custom, 2 Heart Rate Control	5 Preset (Speed & Incline) 3 Custom, 2 Heart Rate Control	5 Preset (Speed & Incline) 3 Custom, 2 Heart Rate Control
	Heart Rate Monitoring	Wireless	Wireless	Touch and Wireless
DETAILS AND WARRANTY	Product Weight	304 lbs.	319 lbs.	328 lbs.
	Max User Weight	350 lbs.	350 lbs.	400 lbs.
	Belt	2-ply	SuperSoft™	SuperSoft™
	Motor Warranty	30 Years	30 Years	30 Years
COMPUTER FEATURES	Display Type	.56" LED message center and 3 display windows	Large 0.8" easy-to-read LED display with 10 x 21 dot-matrix display center	Large 0.8" easy-to-read LED display with 10 x 21 dot-matrix display center
	Display Readouts	Speed, Incline, Time, Calories, Distance, Pace, Heart Rate, Cal./Hour	Speed, Incline, Time, Calories, Distance, Pace, Heart Rate + Results Mode & Message Center	Speed, Incline, Time, Calories, Distance, Pace, Heart Rate + Results Mode & Message Center



NTR 800 Treadmill

### No Need for Speed Forget the old rules!

Great news: you don't have to run fast to be a real runner! In this beginner's guide to the joys of running, *Runner's World* columnist John "The Penguin" Bingham shares a four-part, 12-week program that takes you "from sofa to starting line." Extremely motivating for experienced runners, too, especially you perennial "back-of-the-packers."

AT119 \$14.95 Softcover



### Treadmoves DVD/Video Workouts Energize your routine.

Follow your own personal trainer in these high-energy video workouts! Aerobic Cardio Blast is 45 minutes of fun, fat-burning exercises for your upper and lower body. Total Body Sports Conditioning is 40 minutes of cardio interval training for all your major muscle groups. Get motivated — and get moving!

Set of 2/DVD AC026 \$29.95

Set of 2/VHS AC035 \$29.95



\*Includes in-home delivery.

**ORDER NOW**

**1-800-436-9892**

## Nautilus® elliptical training: full-body, low impact exercise with *cordless* convenience.

### Nautilus® NE 3000 Elliptical Trainer


Your elliptical workout deserves *the very best!*

- Self-generating electromagnetic resistance: no cords!
- 6 preset programs, 2 custom programs, HRC and fitness test
- Patented 4-bar linkage on foot pedals provides a smooth, natural movement

Make no compromises on the road to your better body! Elliptical versatility means you can focus on your lower body, or work your upper body, too. The commercial-grade NE 3000 – our very best elliptical trainer – has a self-generating electromagnetic resistance system, so you provide the power! No cords mean you can place it anywhere. Choose from six preset and two custom programs. Heart Rate Control (HRC) technology lets you input your target heart rate, then watch as the machine automatically adjusts the workout to your fitness level. Advanced console has an LED computer with alphanumeric display panel and high-definition display for time, speed, average speed, RPM, distance, calories, heart rate, level, watts and METs (metabolic equivalent, or intensity of your exercise, based on your weight and activity level).

Convenient fingertip controls mean no slowing down for program changes.

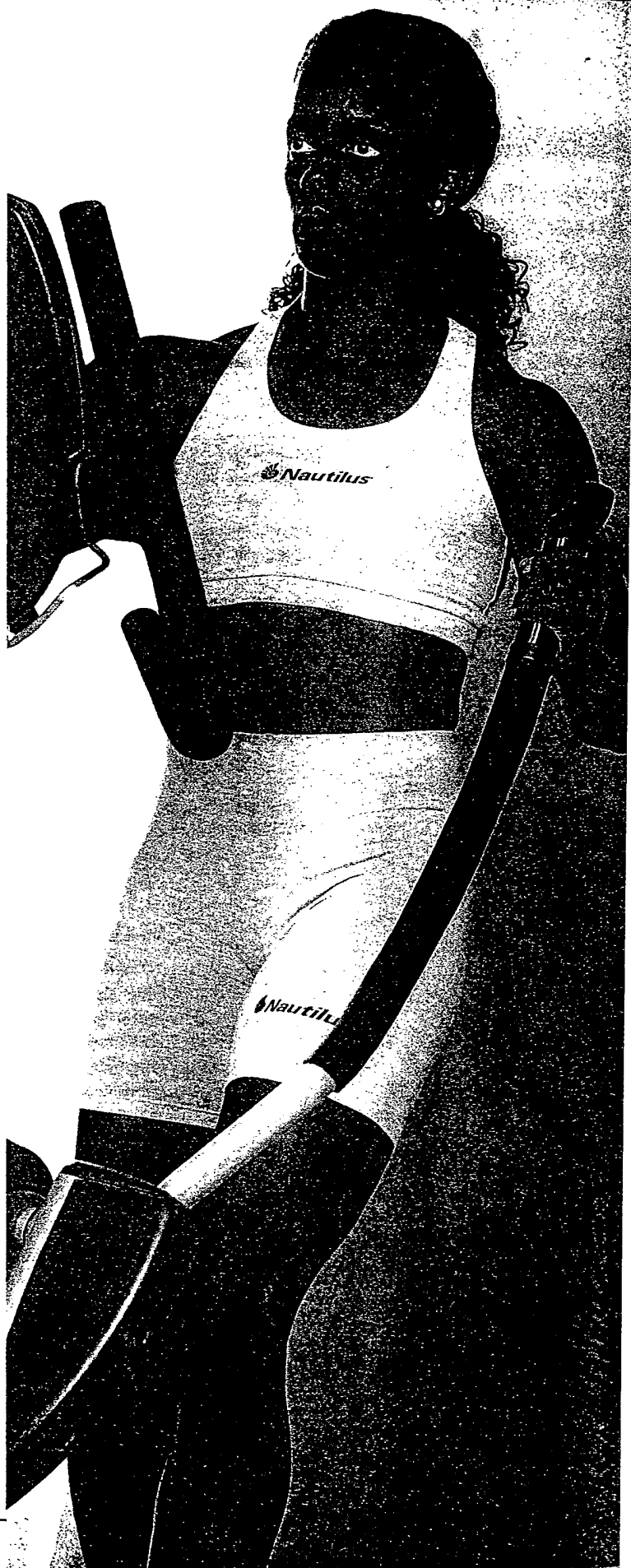
Warranty: 30-year frame/3-year parts and electronics. 75"L x 25"W x 67"H (note: 87"L needed for operation).

AC008 \$2,699 (\$224.99) 

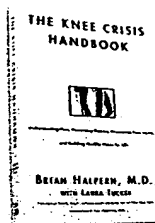
ZERO DOWN  
Payments as low as

**\$88**

per month.  
See order form  
for details.



**Nautilus®**



### The Knee Crisis Handbook

#### Keep your knees healthy!

Whatever you do, *don't* join the nearly 30 million people who have chronic knee pain. This book, by a team of leading sports medicine doctors, is essential for anyone who wants to build healthy knees for life.

AC033 \$13.95 Softcover

### Nautilus® NE 2000 Elliptical Trainer

#### Powerful and low impact – the ideal combo.

- Standard single-stage drive train with V-Force™ resistance
- 6 preset programs, 2 custom and HRC programs
- Plug-in LED console and controls

Built to withstand the everyday demands of gyms, spas and fitness centers, the NE 2000 uses all-direction resistance to work more muscle groups. Comes ready to go with six preset programs, two custom programs and the innovative Heart Rate Control (HRC) technology that takes the guesswork out of your workout. Simply input your target heart rate, and the machine automatically adjusts to your fitness level, Touch heart rate and telemetric heart rate receiver. Plug-in LED console with dot-matrix display and four-window readout showing time, segment time, speed, average speed, RPM, distance, calories, heart rate, level, and watts.

Warranty: 30-year frame/3-year parts/2-year electronics.

75"L x 25"W x 67"H (note: 83"L needed for operation).

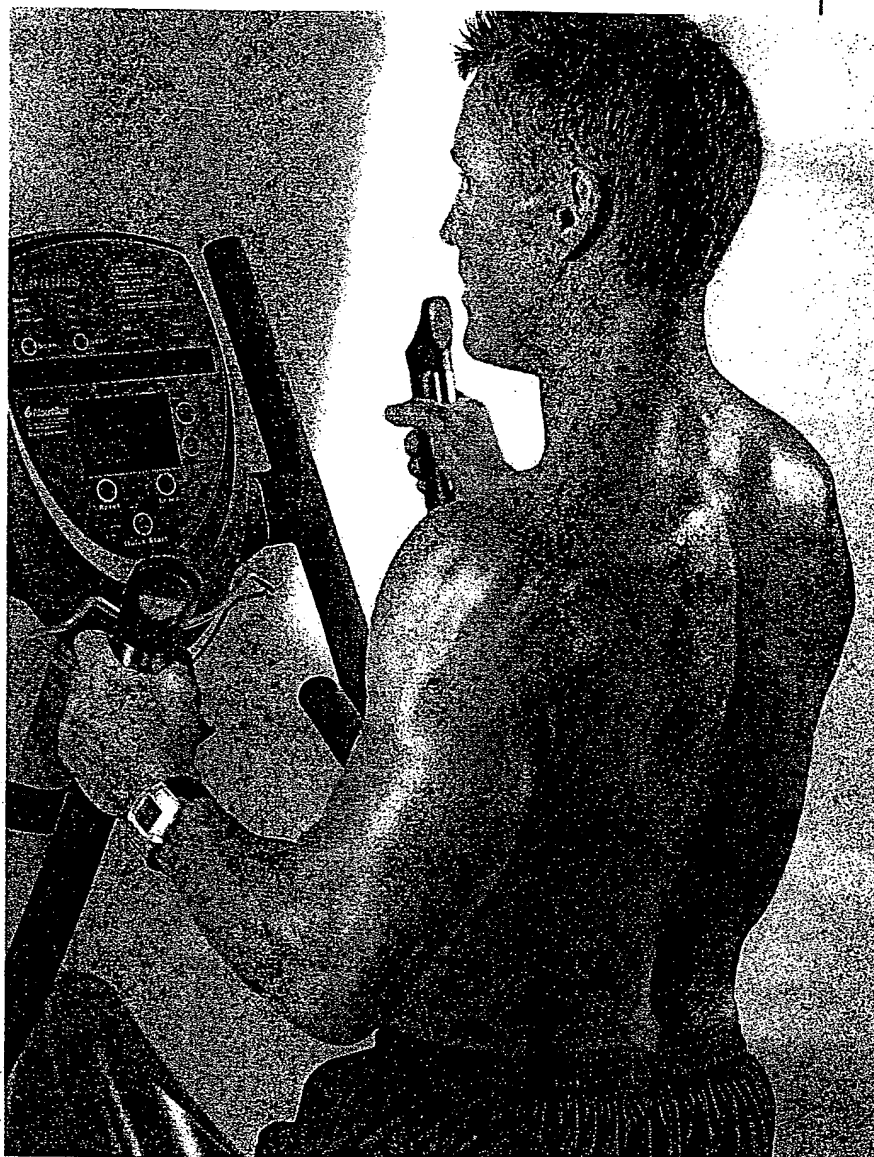
AC007 \$2,299

(\$224.99)

**ZERO DOWN**  
Payments as low as

**\$76**

per month.  
See order form  
for details.



### Men's Fitness Wear

#### Workout comfort.

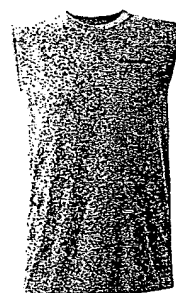
Dri-release™ microfiber fabric breathes to keep you cool. Shorts have elastic waist with drawstring. 85% polyester/15% cotton. Imported. Choose red, navy, gray, black or white.

Dri-release™ Tank

AT241 \$15.95 (S,M,L,XL)

Dri-release™ Shorts

AT242 \$19.95 (S,M,L,XL)



Includes in-home delivery.

**ORDER NOW**

**1-800-436-9892**

# Fitness begins with the right nutrition.

## The Secret to Success

Do you want supercharged energy, sexy arms, abs, legs and glutes and an improved outlook on life? Add good nutrition to your cardio workouts and strength training, and you'll reach your fitness goals more quickly, whether you want to lose weight, maintain your current weight or add lean muscle mass.

### Reach your fitness goals fast.

If you want real results – shaving off inches or dropping pounds – don't make the mistake of simply cutting calories! You'll deplete your energy resources too quickly and will cheat yourself of the healthy energy your body needs for fun, safe and successful workouts. Instead, boost your energy level and enhance your cardio program with nutritional resources that fuel your body.

Think nutritional products might not work? Think again! Pro athletes have used Champion Nutrition for years. Now "ordinary" athletes like you can learn what they know: when you add these quality products to your diet program as a meal replacement, meal enhancer or energy-boosting snack, you'll lose weight and firm up faster than you ever thought possible.



### Champion Nutrition™ Met Max®

#### Go beyond your limits!

If your goal is to become stronger, faster and healthier than the average Joe — if you're an elite athlete (or just work out like one) — Met Max is for you. It's Champion's ultimate supplement for

building muscle, with everything your body needs to function at optimal efficiency and recover fast. 20 servings. Specify chocolate or vanilla.

AT243 \$59.95 ♦



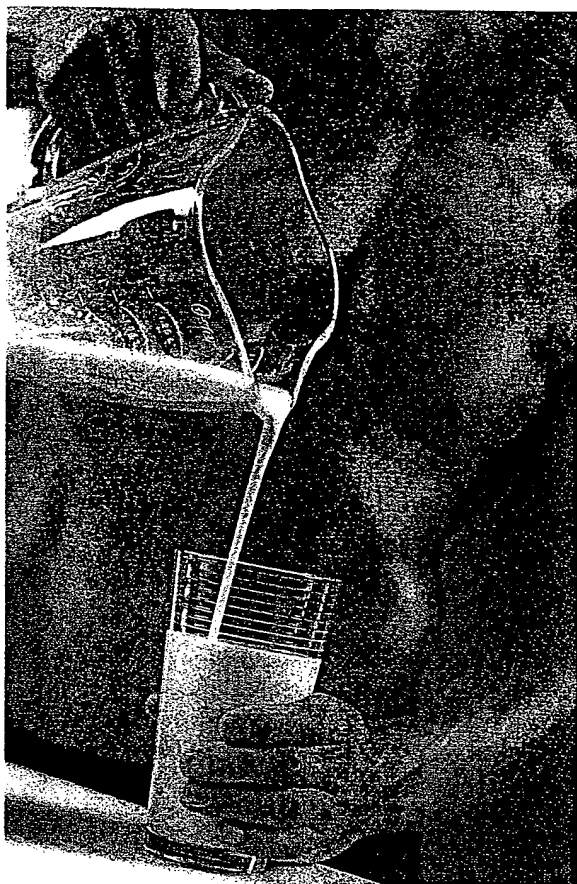
### Champion Nutrition™ Pro-Score 100

#### Add protein, not fat or carbs.

A little help goes a long way. One scoop of Pro-Score has 17 grams of easily digestible protein and just one gram of fat and carbs. That makes it ideal for weight-loss, endurance building and

workout recovery. 22 servings. Specify chocolate, vanilla or natural.

AT244 \$44.95 ♦



### Champion Nutrition™ Pure Whey Protein Stack

Whey is gaining popularity as a powerful protein supplement that lets you burn off maximum fat while maintaining or building muscle! Made from 100% pure whey with added flavor but only two grams of fat. Mixes smoothly with water. 71 servings. Specify banana scream, chocolate, cocoa mochaccino, strawberry or vanilla.

AT245 \$39.95 ♦



### Power Glutamine

Recent research has confirmed that glutamine is essential for protein synthesis, complete recovery and immune function.

Power Glutamine is virtually tasteless and mixes quickly into protein drinks or other beverages. 90 servings per container.

AT212 \$39.95 ♦



### HeavyWeight Gainer 900

One low-fat HeavyWeight Gainer shake provides 900 calories that help you gain muscle. It also helps prevent stored energy in muscles from being broken down during the day, so you have more energy during intense workouts. Use as a meal replacement to lose fat even faster. Packed with protein, too. 21 servings. Specify chocolate, vanilla or strawberry.

AT246 \$44.95 ♦



### Champion Nutrition™ Met Endurance

Burn fat while maintaining a consistent energy level – not too high and not too low. Convenient, refreshing drink has a combination of carbs, protein and herbs to help you regain mental alertness or complete your workout without feeling tired. 20 servings. Specify mountain razzberry or orange smoothy.

AT247 \$34.95 ♦



### Champion Nutrition™ Muscle Nitro

Increase your stamina with the supplement endurance athletes love! Muscle Nitro actually improves your muscles' ability to take oxygen from blood by 11%, so your muscles recover faster, soreness decreases and injuries are less likely. 120 capsules.

AT211 \$19.95 ♦



**ORDER NOW**

**1-800-436-9892**





## Diet is Not Enough. Understand Your Total Body for Weight Loss Success!

At Nautilus, experience has taught us that inside every out-of-shape woman, there hides a trim, well-proportioned body. A true commitment to working out, eating right and getting fit can release the inner you – lean, fit, healthy and naturally beautiful.

The human body was designed to store fat, to survive the lean times when food was scarce. Fortunately, today we have access to food everywhere we look. Too bad our genes haven't caught up to that fact! When we diet, we can actually slow our metabolism. Eating too few calories can send the body into survival-mode, storing even more fat – it's an endless cycle.

### You can fight genetics!

There's a lot you can do to fight the body's natural tendency to store fat: Exercise, preferably in the morning, increases the metabolism while simultaneously lowering appetite. So your body burns more of the calories you consume – and you feel less hungry. In addition, strong muscles burn more calories. And best of all, moderate exercise causes your body to release endorphins, so you feel fantastic – and that's one of the best weight-loss motivators we've ever seen!

### Seca Fitness Scale

**Medical quality scale is more accurate than most.**

A good scale is a vital part of every fitness program. The sturdy Seca Medical Scale features a large, easy-to-read dial and bright blue textured mat for slip-free use. Durable steel construction will last for years. 3-year warranty.

AT131 \$129.95



### Tanita Body Fat Monitor/Scale

**Track your body fat as well as your weight.**

Precision scale digitally displays weight and body fat and tells you when you're in the healthy range for your age and gender. It even estimates daily calorie needs. Calibrated for different fitness levels, including "Athlete Mode" for those who work out regularly. Stores data for up to four people.

AT171 \$99.95



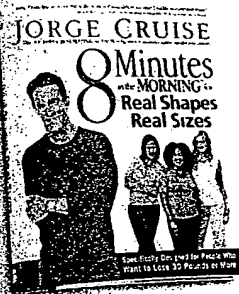
### Wrist Body Fat/Blood Pressure Monitor

**Get an instant picture of your BP and body fat.**

Keep track of your overall health with one convenient tool. In seconds, this convenient monitor gives accurate readings of body fat and blood pressure, so you can adjust your workout or diet as needed. Stores profiles for up to four people.

AT103 \$129

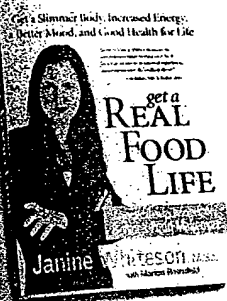




### 8 Minutes in the Morning Fitness for real shapes, real sizes.

New York Times best selling author and online fitness coach Jorge Cruise presents a weight-loss program for busy people who want to lose 30-lbs. or more. Boost your metabolism and look better in just eight minutes a day.

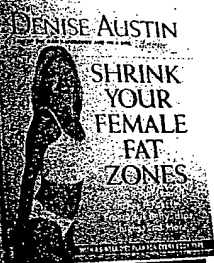
AT120 \$24.95 Hardcover



### Get a Real Food Life Eight-week "food makeover."

Get slimmer, peppier, more cheerful and healthier — for life. Food coach Janine Whitson has changed the lives of many formerly frustrated dieters by teaching them to control their relationship with food.

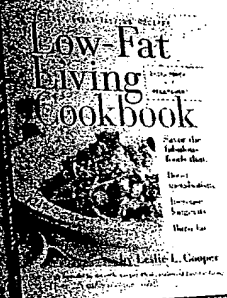
AT124 \$15.95 Softcover



### Shrink Your Female Fat Zones Expert advice from Denise Austin.

Lose weight and inches while becoming firmer and more defined in as little as 10 minutes a day. Denise Austin's fun, fast workouts focus on key areas such as thighs, hips and belly.

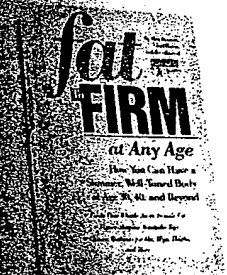
AT125 \$17.95 Softcover



### Low-Fat Living Cookbook Use "skillpower," not willpower!

Learn how simple switches in your eating patterns can help you burn fat, increase energy and improve your immune system. Includes 250 recipes — plus practical tips for a low-fat lifestyle.

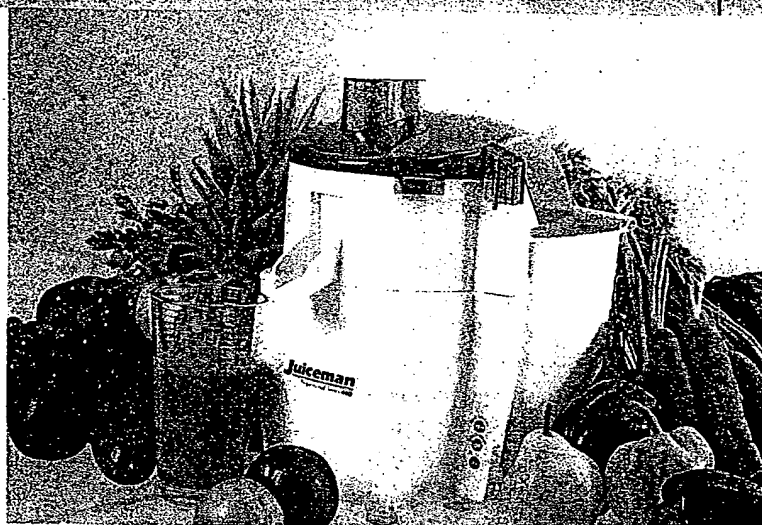
AT129 \$17.95 Hardcover



### Fat to Firm at Any Age Get motivated for a slimmer, well-toned body!

Maybe the closest thing ever to a weight-loss miracle! Discover foods that whittle away female fat, exercises geared to women's trouble zones, and tactics that defuse emotional eating triggers. It works!

AT123 \$15.95 Softcover

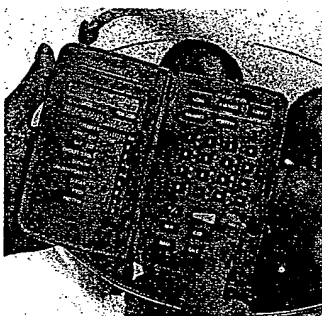


### Juiceman® Electronic Pro

#### Get your daily squeeze — for better health!

Enjoy increased energy, improved complexion, a healthier immune system, strong bones and better overall fitness with natural, fresh juice. This powerful yet easy-to-use juicer extracts maximum nutrients from fresh fruits and vegetables, including vitamin-packed skins and rinds, so you do less cutting and peeling and get more natural goodness. The large feed tube, micromesh screen design and fewer parts make for fast cleanup. Comes with delicious recipes.

AT238 \$129



### The NutriCounter® Electronic nutrition and calorie helper.

Wallet-sized, high-tech nutrition and calorie database makes dieting easier and more accurate, for better results. It's a great way monitor your diet or food plan — tap into a database of 2,000 foods and get

instant information about nutrition and calories. Displays daily, weekly and monthly totals in nine nutritional categories.

AT172 \$129

### Champion Nutrition™ Ultramet Lite

#### Lose weight, stay satisfied.

Each thick, rich UltraMet shake delivers over 80% of your daily protein requirement, with only 3 grams of fat and enough carbs to stabilize your blood sugar and keep you satisfied for hours. Enhanced with 27 vitamins and minerals to promote optimum health. You'll feel great! 20 servings. ❖

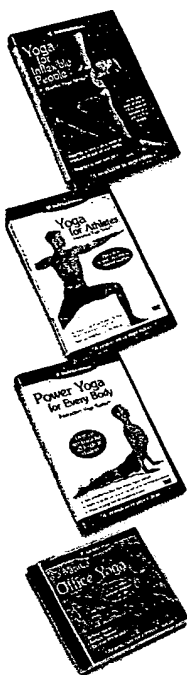
Chocolate AT219 \$39.95

Vanilla Cream AT220 \$39.95



**ORDER NOW**

**1-800-436-9892**



### Body Wisdom Yoga CD & DVDs

**Yoga for Inflexible People DVD** Think you're not flexible enough for yoga? Don't worry! You'll learn how to get there through relaxation. Includes 35+ routines for beginning to intermediate.

AT009 \$19.95

**Yoga for Athletes DVD** Twelve customized workouts add flexibility, build stamina and reduce injuries for 16 different sports.

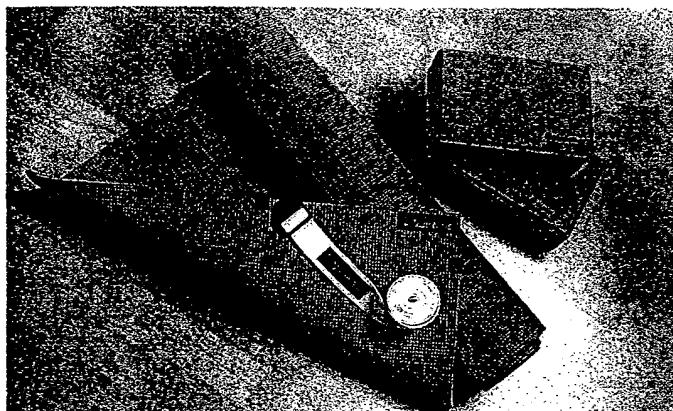
AT008 \$19.95

**Power Yoga for Every Body DVD** Stimulates energy, increases strength and sculpts your body to perfection. 24 workouts, from 20 minutes to 2 hours, for complete beginners to advanced.

AT007 \$19.95

**15-Minute Office Yoga CD-Rom** Take quick breaks at work to refresh your mind and relax tense muscles. 15 different workouts.

AT005 \$16.95



### Yoga Basics and Kit

Get started with yoga.

- 24" x 68" Yoga Mat
- Two 3" x 6" x 9" Foam Blocks
- 6-foot cotton cloth strap
- Poster showing yoga positions

Here are the easy basics for safety and success. The non-slip mat provides grip for bare feet and hands; durable foam blocks give support and stability while you are gaining balance, and the cloth strap is like a second set of arms, helping to reach legs and feet while you gain flexibility. All are useful as you progress into new and more challenging poses over time.

Yoga Kit AT231 \$32.99

Items sold separately:

Yoga Mat AT232 \$26.99

Yoga Strap AT233 \$7.99

Yoga Foam Block AT230 \$11.99



### Improve Your Fitness, Strength and Flexibility Through Yoga

What's all the buzz about yoga? It's on TV, it's in the movies, your friends are talking about it... It's been around for 5,000 years – why the current resurgence?

It's simple: for anyone (and we mean anyone) looking to improve fitness, yoga can make a real difference. Pro athletes, power lifters, weekend warriors, new moms and reformed couch potatoes – everyone can get the same great results, including relaxation, increased flexibility and strength, improved concentration and immune system function, better posture and circulation, and more.

What, exactly, is yoga? At its most simple, yoga consists of movements, body positions and breathing techniques – from very simple to more challenging, that act like an inner body massage. Try it just a few times – our Body Wisdom Yoga DVDs are a great place to start. You'll feel better – and you'll feel the difference in your workouts – almost immediately.

# Target, tighten and tone: improve flexibility and endurance.

## Women's Bra Top and Shorts

### Sports bra and top in one.

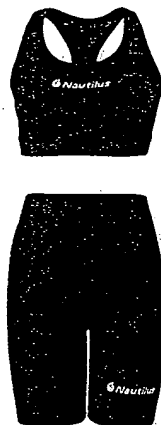
Pullover bra top gives you support during any workout. Wide bottom band does not bind. Shorts have 5" inseam. 55% cotton/35% polyester/15% Lycra®. Bra top has a nylon lining. Imported. Choose red, navy, gray, or black.

### Spandex Sports Bra

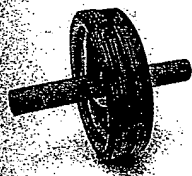
AT248 \$19.95 (S,M,L,XL)

### Lycra Spandex Shorts (black, navy, gray)

AT249 \$15.95 (S,M,L,XL)



red navy gray black



## Toning Wheel

### Roll away those love handles!

Tone up waist and tummy trouble spots. Just grip and roll the handles. Your abs do all the work! Strengthens your upper body, too. Easy to use, effective and fun!

AT173 \$14.95

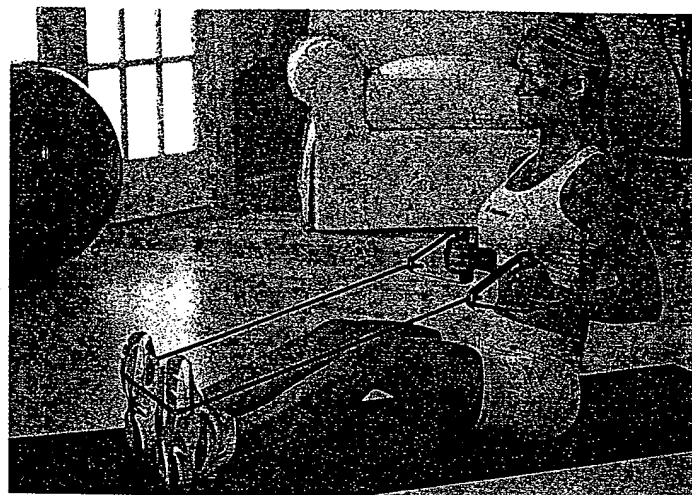
## Medi-Dyne Step Stretch

### A better stretch for hamstrings and calves.

Easy to use, portable and much safer than curbs, walls and slantboards – the rocker design reduces potential injury and the amount of time needed to stretch critical muscles. Molded of sturdy plastic.

Medi-Dyne Step Stretch AT111 \$34.95

Medi-Dyne Double Step Stretch AT110 \$69.95



## Step Bands

### Get a fast and easy resistance workout.

Here's a fun tool that can help anyone get toned and fit. Combine cardio step workouts with these comfort-grip bands for added resistance, to build muscle and enhance flexibility. Choose from 3 resistance levels.

Lite AT156 \$9.99

Moderate AT157 \$10.99

Heavy AT158 \$11.99

## Medicine Balls with Workout Poster

### Don't be fooled – they really work!

Weighted medicine balls have been around gyms for years – for good reason! Tone, condition and strengthen abs, arms, chest, shoulders and back, by yourself or with a partner. Toss, flip, twist and catch the ball – it's all good (and fun, too!).

Medicine Ball (2-lb.) AT104 \$16.99

Medicine Ball (4-lb.) AT105 \$24.99

Medicine Ball (6-lb.) AT106 \$32.99

Medicine Ball (8-lb.) AT107 \$39.99

Medicine Ball (10-lb.) AT108 \$47.99

Medicine Ball (12-lb.) AT109 \$54.99



## Flat Bands

### Possibly the most convenient workout ever.

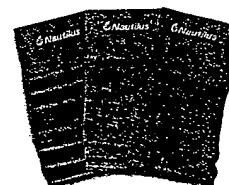
On the go? No time to exercise? Keep these handy resistance bands close by. They help you develop strength, flexibility and endurance, plus they're easy and fun to use. Get the set for varying degrees of resistance.

Lite AT074 \$5.99

Moderate AT075 \$6.29

Heavy AT076 \$6.49

Set AT010 \$15.99



**ORDER NOW**

**1-800-436-9892**

# Pilates: core conditioning, strength and balance.



## Nautilus® Pilates Starter Kit

### A low cost in-home Pilates studio.

- 65-cm. stability ball (shown above)
- Two-pack of 12-cm. 2-lb. Pilates balls (shown above)
- Moderate flat band (shown below)
- Poster showing Pilates ball moves

These Pilates basics take up very little space in your home and make a big difference in results. Streamline your overall strength and coordination, toning and conditioning. Pilates' focused, small moves can quickly reshape your abs, arms, chest, shoulders and back.

AT118 \$39.99

Items sold separately:

Stability Ball, 55-cm. AT153 \$24.99

Stability Ball, 65-cm. AT154 \$26.99

Stability Ball, 75-cm. AT155 \$28.99

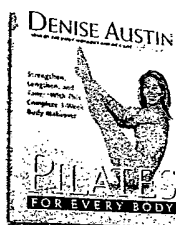
Pair of 2-lb. Pilates Balls AT114 \$13.99



Flat band

### Pilates Ball Sizing Chart

Ball Size:	55-cm. Ball	65-cm. Ball	75-cm. Ball
Height:	5'-7" & below	5'8"-6'2"	6'3"+



## Pilates for Every Body by Denise Austin Get positive results fast.

The simple, gentle and easy way to look and feel better than ever. Denise Austin's Pilates-based conditioning program is for people of any fitness level and will strengthen and tone with quick-and-easy routines of 10 minutes or less. Also includes cardio exercises, positive

thinking techniques and practical meals and menus. Rodale Books.

AT130 \$24.95 (Hardcover)

Pilates has experienced a 40% increase in popularity since the year 2000.\* It is often recommended for pregnant women and as rehabilitative exercise to speed recovery of soft tissue injuries.

\*Americans Pursue Diversity In Their Fitness Quest,  
SGMA International Press Release  
<http://www.sgma.com/press/2002/press1031770980-6346.html>





## Body Wisdom Pilates Complete for Everyone DVD

**Let the transformation begin.**

Achieve the most fit, toned and healthy mind and body possible, in the comfort of your own home. Certified Pilates instructor Karen Garcia is known for her warm, invigorating style, and with more than 35 customized

Pilates workouts to suit your individual needs and fitness level, she keeps your enthusiasm for Pilates piqued.

AT006 \$19.95



## Pilates Basics Mini Ball Workout Kit Get on the ball!

With just this Pilates Coach mini ball and video, you can strengthen and control key body parts and feel great!

Featuring over 20 mat exercises with the ball, each exercise can be modified to your fitness level. It takes little time and it's fun and rewarding.

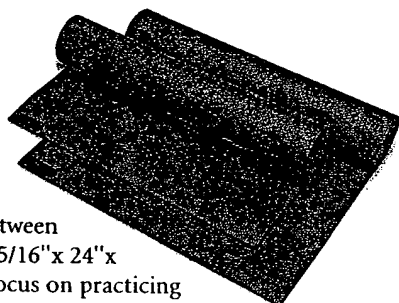
AT115 \$19.95

## Pilates Power Mat Your comfort is essential!

Our Pilates Power Mat is made of dense foam, which offers a comfortable cushion between you and the floor. This 5/16" x 24" x 1/8" mat allows you to focus on practicing each exercise with precision and care.

Red Mat AT239 \$37.95

Charcoal Mat AT240 \$37.95



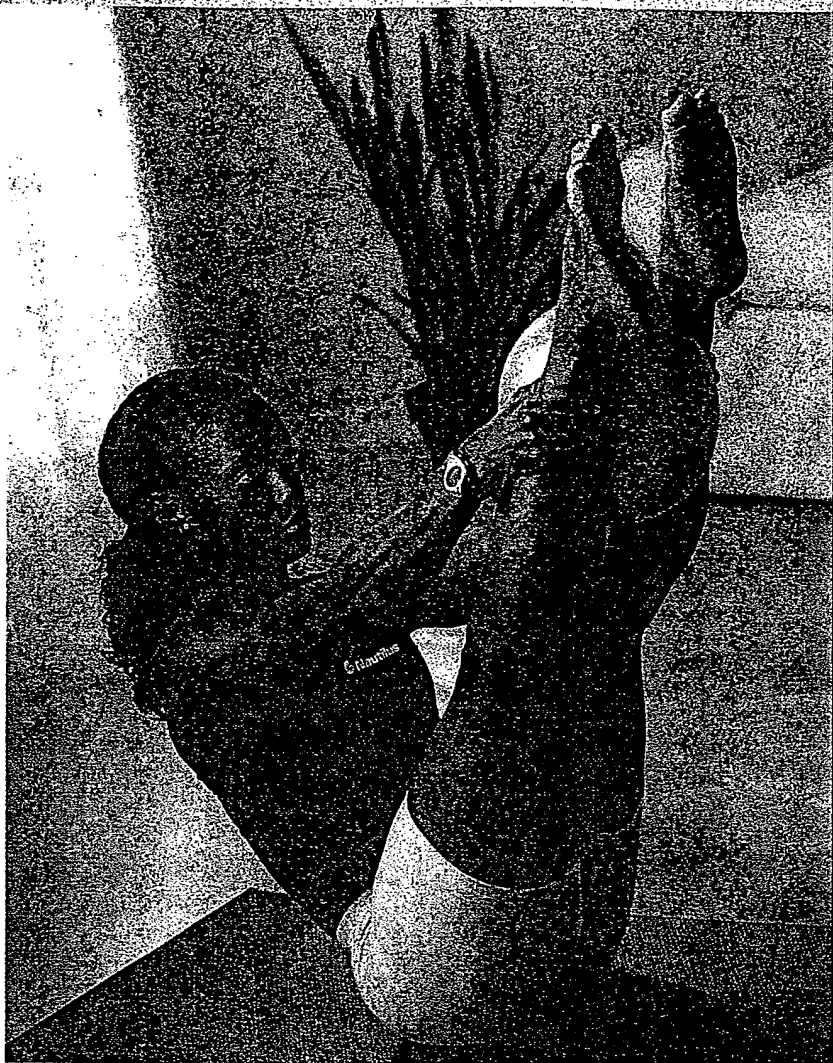
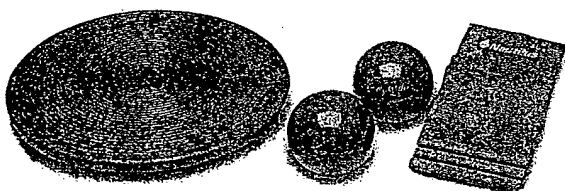
## Lautilus® Balance Kit

**Improve your core strength through balance.**

- 16" diameter balance board
- Poster showing balancing moves
- Two-pack of 12-cm. 2-lb. Pilates balls
- Moderate flat band

Improve your agility with these balance accessories. You'll rely on the balance board for increasing coordination and stability; the two-pack of 12-cm 2-lb. Pilates balls filled with coarse sand for toning abs, arms, chest, shoulders and back, and the flat band for increasing strength and flexibility when stretching.

AT004 \$39.99



## Pilates: Body/Mind Makeover

Would you like to improve your flexibility and strength, without building bulk or enduring exercise programs that leave you depleted? Pilates can do this for you! Pilates is a gentle, refreshing and energizing workout system that dramatically transforms the way your body looks and feels while it promotes physical harmony and balance. It is a body/mind makeover that creates sculpted physique and promotes a positive, confident and rested state of mind.

### How does Pilates work?

Pilates was developed in the 1920s by German fitness guru Joseph H. Pilates. He designed more than 500 specific exercises for patients recovering from injury and illness. His method develops strength through resistance utilizing key pieces of apparatus, focusing on conditioning your body's core strength areas – abs, lower back and glutes. It stretches and strengthens muscles to increase elasticity and joint mobility, and because there are no fast, jarring movements involved, it's great for people of all ages and physical abilities. Instead of performing many repetitions of each exercise, Pilates utilizes fewer, more precise movements that allow you to relax but still burn calories while firming up. Best of all, Pilates is quick, easy and convenient to do in your own home.



## Activewear that moves with you and keeps you cool.

### Dri-release™ T-Shirt

#### Not your average t-shirt.

Stock-up on this workout favorite for men or women! Dri-release™ microfiber fabric wicks away moisture, so you stay cool no matter how much you sweat. FreshGuard® treatment virtually eliminates body odor, too! Full cut gives you room to move. Features the Nautilus logo front and center. 85% polyester/15% cotton. Imported. Choose black, navy, red, gray or white. AT250 \$16.95 (S,M,L,XL)



### Women's Bra Top When the going gets tough...

...the tough reach for this bra top! Pullover top gives you support during any workout. The wide bottom band doesn't bind and the t-back helps keep it in place, so it stays put during crunches and heavy-duty weight training. Nylon lining. 55% cotton/35% polyester/15% Lycra®. Imported. Choose red, navy, gray, or black. AT248 \$19.95 (S,M,L,XL)



### Women's Apparel Color Swatches



### Women's Tank Top Curves ahead.

Body-hugging tank top gives support where you need it. 55% cotton/35% polyester/15% Lycra®. Imported. Choose black, navy, red, or gray. AT251 \$19.95 (S,M,L,XL)

### Women's Jazz Pants Slender and slimming.

Bootleg jazz pant is great for yoga, dance or strength training. 90% polyester/10% cotton. Imported. Black only. AT252 \$29.95 (S,M,L,XL)

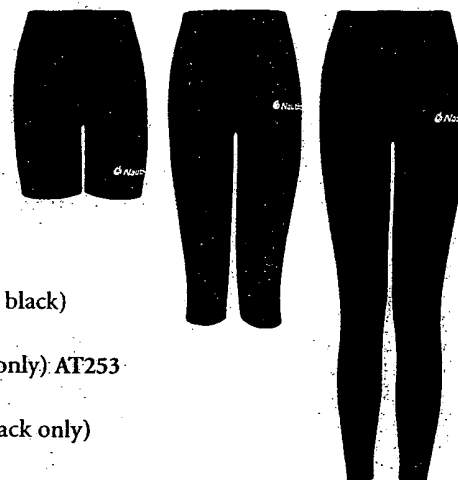
### Women's Shorts, Capris or Ankle-Length Pants Choose your length in stretchy, comfy Spandex.

Pull them on and you're ready to go-go-go. Soft cotton/poly blend with a hint of Spandex to help them keep their shape. Comfortable nylon crotch pad. 55% cotton/35% polyester/15% Lycra®.

Lycra Spandex Shorts (5" inseam; navy, gray or black) AT249 \$15.95 (S,M,L,XL)

Lycra Spandex Capri Pants (14" inseam; black only) AT253 \$29.95 (S,M,L,XL)

Lycra Spandex Ankle Pants (23-1/2" inseam; black only) AT254 \$29.95 (S,M,L,XL)



# Take care of your body on the road to fitness.

## Elasto-Gel Hot/Cold Wraps

### Soothe aching muscles fast.

Versatile temperature therapy wraps offer hot or cold therapy right where you need it. Don't mess around with ice cubes or heating pads.

Elasto-Gel is much easier to use – and much more efficient. Just one Elasto-Gel wrap does the trick, whether your injury requires heat or cold. Made of thick, contoured gel covered with a soft, four-way stretch material, simply place the wrap in the freezer (cold therapy), oven (dry heat) or microwave (moist heat). Elasto-Gel gives you 20-40 minutes of hot or cold to penetrate muscles for fast – and long-lasting – relief.

Lowbar, Medium AR035 \$59.95

Multi-Purpose AR036 \$49.95

Neck, 9" x 24" AR037 \$49.95

Back, 12" x 12" AR032 \$59.95

Knee, S/M AR034 \$49.95

Knee, L/XL AR033 \$59.95

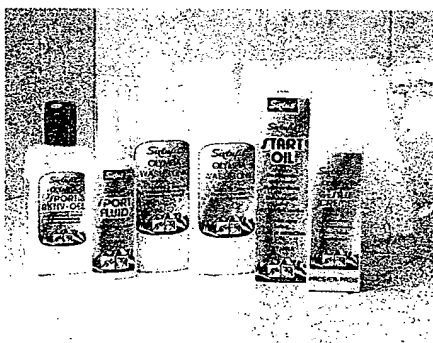
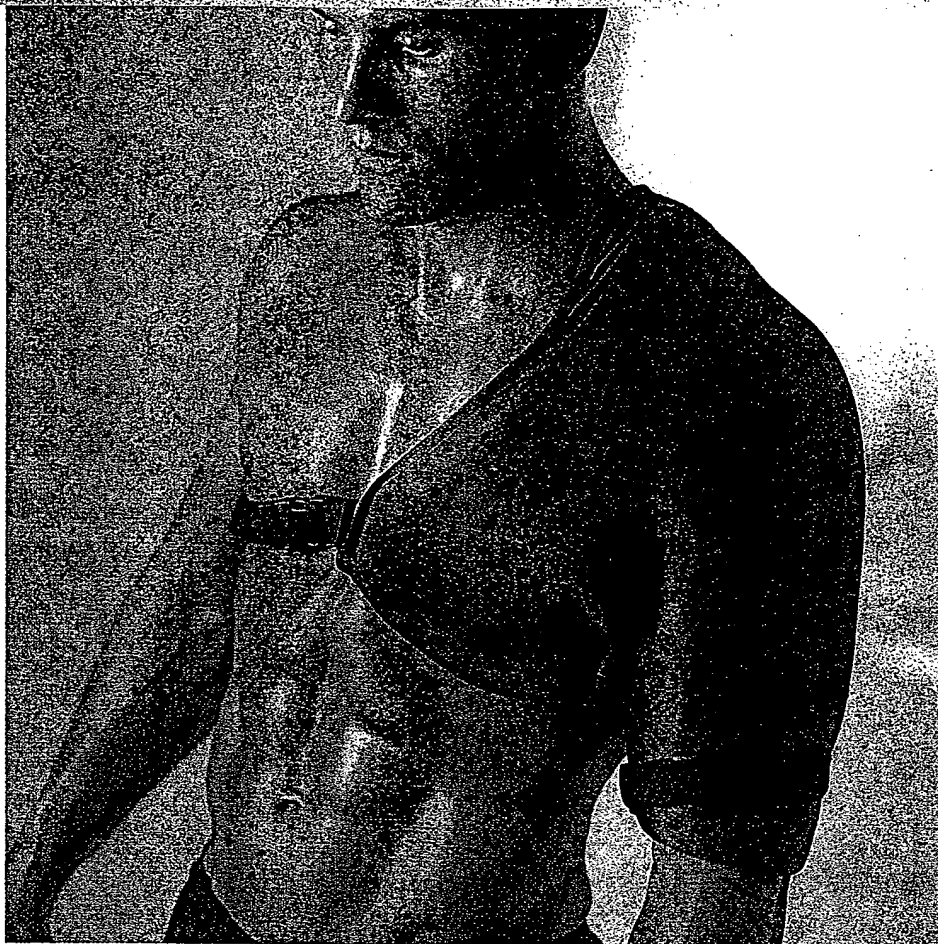
Neck/Back Combo AR038 \$89.95

Shoulder, S/M (11" bicep)

AR040 \$79.95

Shoulder, L/XL (13" bicep)

AR039 \$79.95



## Sixtufit® Olympia Athlete's Starter Kit Skincare for the working athlete.

German skincare soothes sore muscles with natural oils and herbs. Includes Start Oil (warm up), Wash Tonic (freshen up), Sport Fluid (cool post-workout skin), Active Oil (great for massage!) and Buttock Crème (cycling chafing relief). Includes soft washcloth.

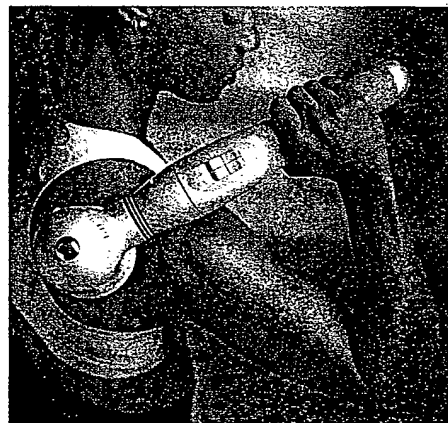
AR049 \$49.95

## Medisana® Variotherm Hot/Cold Massager

### Cordless massager with hot/cold therapy.

Easily treat any muscle strain or stiffness. Goes from hot to cold in less than 60 seconds. Two intensity levels, 3 massage surfaces, 6-position swivel head. Cordless charge gives up to 3 hours of use. 2-year warranty. 15-1/4" L x 3-1/4" W x 4" H.

AR043 \$89.95



**ORDER NOW**

**1-800-436-9892**



### Cushioned Dumbbells

#### Boost your aerobic workout.

Add resistance to your walking, jogging or aerobics routines with a pair of comfortably cushioned dumbbells in 2-lb. or 4-lb. weights. Cast iron covered by soft padding.

2-lb. Set AS026 \$14.99

4-lb. Set AS027 \$18.99



### Water Cooler/Filter

**Fresh, cold, clean water in your home gym.**

White countertop dispenser filters water through an onboard filtration basket and filter to remove chlorine, rust, herbicides, pesticides and up to 98% of lead. Patented cooling system chills water to a refreshing 36°-42°F. Holds up to 1.7 gallons. 1-year warranty.

AR001 \$129



## Complete your fitness experience with these workout essentials.



### Sennheiser® Wireless Headsets

**Exercise to music, TV or movies.**

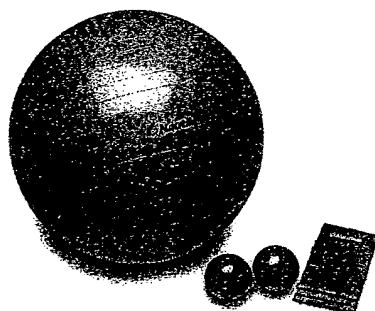
Enjoy crystal-clear sound from your radio, CD player or TV while you exercise. Top-of-the-line wireless headset features exclusive HiDyn Plus noise reduction so you won't miss a beat and you'll only hear the sounds you want to hear. Includes two NiMH rechargeable batteries and charging base.

Noise Canceling Wireless Headset

AR047 \$299

Standard Wireless Headset

AR048 \$229

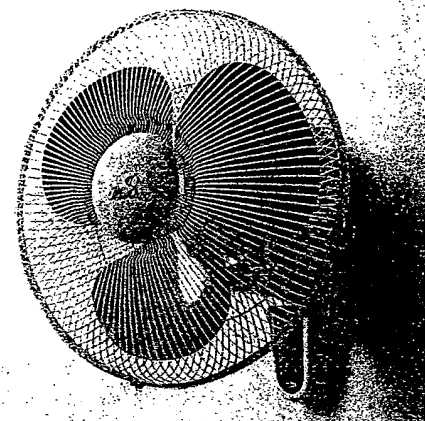


### Nautilus® Pilates Starter Kit

**An in-home Pilates studio.**

Streamline your overall strength and coordination, toning and conditioning. Pilates' focused, small moves can quickly reshape your abs, arms, chest, shoulders and back. Kit includes 65-cm. stability ball, two-pack of 12-cm. 2-lb. pilates balls, flat band, and a poster showing pilates ball moves (not shown).

AT118 \$39.99



### Remote-Control Wall/Ceiling Fan

**Make your workouts a breeze!**

Keep your cool while you exercise. Wall- or ceiling-mounted fan comes with a remote control so you can adjust the breeze without interrupting your workout. Ten speed settings. Auto shut-off timer can be set for 1-8 hours. Includes easy-mounting bracket.

AR053 \$79.95

### ZT-300 Heart Rate Monitor Sports Watch

**Stay in the zone.**

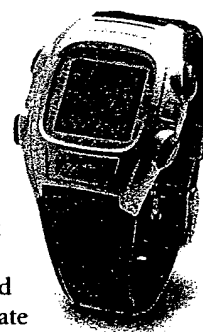
Don't work harder than you need to. For maximum fitness, maintain your target heart rate. Wristwatch-style monitor calculates target and displays your current heartrate as a percentage of the maximum. Sounds an alarm if you go above or below your target. Includes wireless chest strap monitor — fits chest up to 60". Also works as a water-resistant watch and stopwatch.

AC031 \$139.99 (\$5.95)

### Also available: ZT-100 Heart Rate Monitor

Non-alarm heart rate monitor shows current heart rate and percentage of target only. Also functions as a water-resistant stopwatch.

AC032 \$69.99 (\$5.95)





**We make it easy to shop with confidence!**

...by providing **Quality Products**, easy **Financing**,  
and our 100% satisfaction **Guarantee**,  
our **Customer Service** representatives are here to help you!

The most

## **Trusted Name**

In fitness

### **Since 1970...**

Nautilus has delivered quality fitness equipment to gyms, health clubs and spas around the world. Millions of people have turned to Nautilus to lose weight, get in shape, live healthier and look better. Now, we're bringing this amazing reputation for quality and success directly to home users like you. You'll get the same Nautilus science...the same quality standard and the same great results. Guaranteed.

Order Now

## **Easy Financing**

Makes it affordable

### **Low monthly payments.**

We want to make it easy for you to get fit fast. That's why we offer zero-down financing and low payments on any purchase over \$699. Call us for details at: 1-800-436-9892.

### **90 days same as cash.**

Here's another easy-pay option: order today and qualified purchasers pay nothing for 90 days. No finance charge if paid in full within 90 days.

Our commitment to you:

## **100% Satisfaction**

Guaranteed

### **We promise...**

We stand behind every item we sell. We want you to be happy – with your purchase and with your results. That's why we back every product with our no-questions-asked, 100% satisfaction guarantee. See inside order form for details.

### **Gym-quality products.**

Because of our 30+ years' experience providing equipment to gyms around the world, you can rest assured that the equipment you purchase is designed for a lifetime of use. In fact, we're so confident of our quality, we've got some of the longest warranties in the business! Order with confidence...it's Nautilus.

Friendly, Convenient

## **Customer Service**

Ready to take your order

### **We're here to help**

Our Nautilus Fitness Consultants are happy to answer any questions you have – and help you find the right equipment for your needs, your space and your budget.

### **Easy to order.**

#### **• Call 1-800-436-9892**

Mon. - Fri. between 8 AM and Midnight (EST)

Sat. - Sun. between 8 AM and 7 PM (EST)

#### **• Fax your order form and payment information to 1-360-694-7755, or**

#### **• Visit us at [www.nautiluscatalog.com](http://www.nautiluscatalog.com)**





Mail completed Order Form to: The Nautilus Group, 1400 NE 136th Ave., Vancouver, WA 98684

### ORDERED BY

Name

Street Address (FedEx and UPS will not deliver to a P.O. Box number.)

City

State

Zip

Phone Number

E-Mail Address

### SHIP TO

If the address above is a P.O. Box, or you would like the order shipped to a different address, please indicate below.

Name

Street Address (FedEx and UPS will not deliver to a P.O. Box number.)

City

State

Zip

Phone Number

E-Mail Address

Thank you for your order.

PAGE #	ITEM #	DESCRIPTION	SIZE	COLOR/STYLE	QTY.	PRICE	Shipping & Handling	TOTAL

<b>PAYMENT METHOD</b> Check or Money Order: Amount Enclosed \$ _____ Card Account Number _____ Customer Signature _____		Credit Card: <input type="checkbox"/> American Express <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Discover/Novus <input type="checkbox"/> Bowflex Card Month Year Expiration Date <table border="1"><tr><td> </td><td> </td><td> </td><td> </td></tr></table>					Standard Shipping & Handling Charges Per Address <b>Total Amount of Order:</b> \$0 to \$24.99 \$5.95 \$25 to \$49.99 \$7.95 \$50 to \$74.99 \$9.95 \$75 to \$99.99 \$11.95 \$100 to \$149.99 \$14.95 \$150 + \$17.95	Merchandise Total (VA residents' tax is 4.5% of this total) Shipping & Handling Total Subtotal (WA residents' Tax is 7.7% of this total) Sales Tax (Add state/local tax to orders shipped to WA & VA. WA 7.7% of total purchase including shipping and handling charge; VA 4.5% of purchase price only) <b>TOTAL</b>

Call 1-800-436-9892 and speak with our Customer Service Representative.  
 Operating Hours, (Eastern Standard Time)  
 Monday - Friday 8 a.m. - Midnight (EST)  
 Saturday - Sunday 8 a.m. - 7 p.m. (EST)

Shipping and handling charges are shown in parentheses next to select items. For all other items, refer to the shipping table above. If there is a next to the item, please see In-Home Delivery information on next page. All charges apply to delivery within the 48 contiguous United States only. Call for charges to Alaska and Hawaii.



# Champion Nutrition – it's all about the ingredients.

Lose weight, gain muscle and feel great with Champion Nutrition Products

The following is a listing of nutritional facts for Champion products found in our catalog.

For more information please go to [www.nautiluscatalog.com](http://www.nautiluscatalog.com).

## Creatine Xtreme

Get bigger & stronger. Glutamine-enhanced with less sugar and 14% more creatine than ordinary brands. 20 servings each.



Available flavors: Island punch, grape, lemonade.

### NUTRITIONAL FACTS

Serving size: 2 scoops (92 g). Calories: 280.

	Amount Per Serving	% Daily Value*
Sodium	20 mg	< 1%
Total Carbohydrate	68 g	22%
Sugars	48 g	
Chromium	240 mcg	200%
Potassium	70 mg	2%
Creatine Monohydrate	12 g	†
Taurine	2000 mg	†
L-glutamine	1000 mg	†
L-glutamic acid	1000 mg	†
Vanadyl Nicotinate	30 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Metacarb Extreme (our proprietary carbohydrate blend containing glucose, glucose polymers and amylopectin starch), hydroxycitrate, citric acid, natural and artificial flavoring, aspartame\*\*, potassium citrate, xanthan gum, potassium phosphate, cellulose gum, piperin, carrageenan, red 40 lake, blue 2 lake, chromium polynicotinate.

\*\* Phenylketonurics: This product contains phenylalanine.



## Gain Size and Strength Program

(For nutritional information, see: Creatine Xtreme, Metabolol II, and Met Max)

Here's a complete supplement program to enhance muscle size, strength and power. This best-of-the-best combo includes Met Max shakes (56 servings), Grape Creatine Xtreme dietary supplement drinks (20 servings) and Chocolate Metabolol II nutritional shakes (15 servings) – plus a handy shaker bottle!

## HeavyWeight Gainer 900

One low-fat HeavyWeight Gainer shake provides 900 calories that help you gain muscle. It also helps prevent stored energy in muscles from being broken down during the day, so you have more energy during intense workouts. Use as a meal replacement to lose fat even faster. Packed with protein, too.



Available flavors: Chocolate Shake, Strawberry Shake or Vanilla Shake. 1500g (3.3 lb.) container. 10 servings.

### NUTRITIONAL FACTS

Serving size: 4 scoops (154 g). Calories: 630  
Calories from Fat: 90

	Amount Per Serving	% Daily Value*
Total Fat	9.5g	15%
Saturated Fat	1 g	5%
Cholesterol	20 mg	7%
Sodium	590 mg	24%
Total Carbohydrate	101 g	34%
Dietary Fiber	5 g	20%
Sugars	42 g	
Protein	35 g	70%
Vitamin A	1750 IU	35%
Vitamin C	21 mg	35%
Vitamin D	140 IU	35%
Vitamin E	10 IU	35%
Thiamin	525 mcg	35%
Riboflavin	595 mcg	35%
Niacin	7 mg	35%
Vitamin B6	700 mcg	35%
Folate	140 mcg	35%
Vitamin B12	2 mcg	35%
Biotin	105 mcg	35%
Pantothenic Acid	3.5 mg	35%
Calcium	620 mg	62%
Iron	9 mg	50%
Phosphorus	370 mg	37%
Iodine	53 mg	35%
Magnesium	140 mg	35%
Zinc	5.3 mg	35%
Copper	700 mcg	35%
Manganese	1 mg	50%
Chromium	120 mcg	100%
Chloride	260 mg	8%
Potassium	1500 mg	42%

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

§ Includes lactose sugar.

Ingredients: Metacarb-III (proprietary carbohydrate blend which contains: maltodextrin and modified food starches), Peptol-III (proprietary protein blend which contains: beef protein, whey protein concentrate, whey protein hydrolysate and egg albumen), whey, fructose, low-fat Dutch cocoa, medium chain triglycerides, natural and artificial flavoring, Metavite-III (proprietary vitamin mineral blend containing: dicalcium phosphate, magnesium oxide, potassium citrate, ascorbic acid, vitamin E acetate, niacinamide, ferric orthophosphate, zinc oxide, calcium pantothenate, manganese sulfate, pyridoxine hydrochloride, copper gluconate, retinyl palmitate, riboflavin, thiamin mononitrate, chromium polynicotinate, folic acid, biotin, potassium iodide, cholecalciferol, cyanocobalamin), xanthan gum, cellulose gum, soy lecithin, salt, aspartame\*\*, carrageenan, acesulfame-K.

\*\* Phenylketonurics: This product contains phenylalanine

Note: Nutritional Facts and Ingredients may vary slightly depending upon flavor.

## Met Endurance

Burn fat while maintaining a consistent energy level – not too high and not too low. Convenient, refreshing drink has a combination of carbs, protein and herbs to help you regain mental alertness or complete your workout without feeling tired.



Available flavors: Orange-Smoothie or Mountain Razzberry. 20-serving containers.

### NUTRITIONAL FACTS

Serving size: 52 g. Per Serving Calories 200. Calories from Fat 45

	Amount Per Serving	% Daily Value*
Total Fat	5g	8%
Saturated Fat	1 g	5%
Cholesterol	20 mg	7%
Sodium	230 mg	10%
Total Carbohydrate	24 g	8%
Sugars	7 g	20%
Protein	15 g	30%
Vitamin A	2500 IU	50%
Vitamin C	120 mg	200%
Vitamin D	100 IU	25%
Vitamin E	165 IU	550%
Thiamin	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folate	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium	200 mg	20%
Iron	5.5 mg	30%
Phosphorus	300 mg	30%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	55 mcg	80%
Copper	1 mg	50%
Potassium	210 mg	6%
N-acetylcysteine	250 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Ingredients: Peptol Plus (proprietary protein blend which contains: whey protein concentrate, milk protein isolate, whey protein hydrolysate, egg albumen and L-leucine), EnduroCarb (proprietary carbohydrate blend which includes: pre-cooked rice flour, maltodextrin and modified food starch), fructose, sodium and potassium lactate, medium chain triglycerides, dextrose, EnduroVite (vitamin-mineral blend which contains: magnesium oxide, tricalcium phosphate, potassium phosphate, vitamin E, ascorbic acid, inositol, choline bitartrate, biotin, niacinamide, vitamin A palmitate, beta carotene, zinc sulfate, ferrous fumarate, calcium pantothenate, copper gluconate, cyanocobalamin, pyridoxine HCl, thiamin HCl, riboflavin, folic acid, vitamin D, sodium selenite), natural and artificial flavoring, citric acid, arginine-aspartate, xanthan gum, cellulose gum, aspartame\*\*, N acetyl-L-cysteine, ginseng extract, salt, red 40 lake, potassium citrate, acesulfame-K, Succinate ETF (proprietary succinate compound which contains: potassium succinate, L-glutamic acid, inosine, magnesium succinate, calcium succinate), blue 2 lake.

\*\* Phenylketonurics: This product contains phenylalanine.

Note: Nutritional Facts and Ingredients may vary slightly depending upon flavor.

## Met Max

Champion's ultimate supplement for building muscle, with everything your body needs to function at optimal efficiency and recover fast.



Available flavors: Chocolate or Vanilla. 20 servings.

### NUTRITIONAL FACTS

Serving size 2 scoops (62 g). Calories: 230. Calories from Fat: 20

	Amount Per Serving	% Daily Value*
Total Fat	2.5 g	4%
Saturated Fat	1 g	5%
Cholesterol	40 mg	13%
Sodium	170 mg	7%
Total Carbohydrate	11 g	4%
Dietary Fiber	2 g	8%
Sugars	5 g	20%
Protein	41 g	82%
Vitamin C	50 mg	82%
Folate	200 mcg	50%
Calcium	260 mg	26%
Iron	8 mg	45%
Potassium	500 mg	14%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MetaMax Plus (proprietary protein blend which contains: enzyme modified digest of lactalbumin, whey protein concentrate, beef protein, calcium caseinate, egg albumen, whey protein hydrolysate, L-leucine, L-glutamine, L-isoleucine, L-valine, L-methionine and L-carnitine), sodium and potassium lactate, low-fat cocoa powder, creatine monohydrate, ornithine alpha-ketoglutarate, arginine-aspartate, alpha-ketoglutarate, cocoa extract, natural and artificial flavors, ginseng extract, succinate ETF (proprietary succinate compound which contains: potassium succinate, sodium succinate, magnesium succinate, calcium succinate), guarana extract, aspartame\*, potassium citrate, xanthan gum, cellulose gum, inositol, choline bitartrate, quercetin, ginseng extract, carrageenan, acesulfame-potassium, feverfew, vanadyl nicotinate, phosphatidylserine, folic acid.

Note: Nutritional Facts and Ingredients may vary slightly depending upon flavor.

## Metabolol II

Meal replacement powder: increase energy, stamina, build muscle, reduce conversion of carbs into fat, boost metabolism, speed recovery, 15 servings.



Available flavors: Chocolate, Orange Smoothie or Plain (contains no artificial flavors, colors or sweeteners).

### NUTRITIONAL FACTS

Serving size: 2 scoops (66 g). Calories per serving: 260. Calories from Fat: 30.

	Amount Per Serving	% Daily Value*
Total Fat	3 g	5%
Saturated Fat	1 g	5%
Cholesterol	10 mg	3%
Sodium	200 mg	8%
Total Carbohydrate	40 g	13%
Dietary Fiber	1 g	4%
Sugars	15 g	†
Protein	18 g	36%

— Continued on next page

Vitamin A	3500 IU	80%
Vitamin C	60 mg	100%
Vitamin D	360 IU	90%
Vitamin E	30 IU	100%
Thiamin	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folate	400 mcg	100%
Vitamin B12	12 mcg	200%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium	400 mg	40%
Iron	8 mg	45%
Phosphorus	100 mg	10%
Iodine	57 mcg	38%
Magnesium	200 mg	50%
Zinc	12 mg	80%
Selenium	35 mcg	50%
Copper	1.6 mg	80%
Manganese	3.2 mg	160%
Chromium	204 mcg	170%
Molybdenum	170 mcg	226%
Potassium	490 mg	14%

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Includes lactose sugar.

**Ingredients:** Metacarb Plus (proprietary carbohydrate blend comprised of: maltodextrin and enzyme modified food starch), PEPTOL PER4+ (proprietary protein-amino acid blend containing: egg albumen, whey protein concentrate, calcium caseinate, milk protein isolate, L-leucine, L-isoleucine, L-valine, L-phenylalanine, L-methionine, L-threonine, L-lysine, L-carnitine HCl and L-glutamic acid), fructose, whey, dutch cocoa powder, nonfat milk, medium chain triglycerides, lecithin, Metavite (proprietary vitamin-mineral formulation which includes: calcium carbonate, magnesium oxide, magnesium lysinate, di-calcium phosphate, inositol, calcium citrate, molybdenum aspartate, potassium phosphate, iron succinate, zinc citrate, d-alpha tocopherol succinate, copper glycinate, choline bitartrate, zinc picolinate, niacin, manganese citrate, calcium pantothenate, selenium methionate, retinyl palmitate, thiamine HCl, pyridoxal-5-phosphate, riboflavin-5-phosphate, pyridoxine alpha-ketoglutarate [PAK], chromium nicotinate, chromium polynicotinate, cyanocobalamin, vitamin D3, potassium iodide, d-biotin, folic acid, liponic acid, and intrinsic factor complex), natural flavoring, inosine, calcium lactate, xanthan food gum, acesulfame-K, Succinate ETF (proprietary succinate compound that includes: potassium succinate, magnesium succinate, calcium succinate, L-glutamic acid), Ester C (esterified calcium polyascorbate), carrageenan, carboxymethylcellulose.

**Note:** Nutritional Facts and Ingredients may vary slightly depending upon flavor.

## Muscle Nitro

Increase your stamina with the supplement endurance athletes love! Muscle Nitro actually improves your muscles' ability to take oxygen from blood by 11%, so your muscles recover faster, soreness decreases and injuries are less likely. 120 capsules.

### NUTRITIONAL FACTS

Serving size: 8 capsules. Calories: 130. Calories from Fat 20.

	Amount Per Serving	% Daily Value*
Sodium	95 mg	4%
Potassium	350 mg	10%
L-glutamic Acid	1797 mg	•
L-leucine	1222 mg	•

\* Percent Daily Values are based on a 2,000 calorie diet.  
• Daily Value not established

**Other Ingredients:** Succinate ETF™ (proprietary blend which contains potassium succinate, sodium succinate, magnesium succinate, calcium succinate), L-isoleucine, inosine, L-valine, niacin, stearic acid, silica dioxide, carmine (natural color).

## Power Creatine

Increase your energy and strength. Use 100% high-grade creatine monohydrate to increase muscle density and overall exercise performance. 1,000 grams (200 servings).



1000g container.

### NUTRITIONAL FACTS

Serving size: 1 scoop.

	Amount Per Serving	% Daily Value*
Creatine Monohydrate	5 g	†

† Daily Value not established.

**Ingredients:** HPLC pure creatine monohydrate.

## Power Glutamine

Recent research has confirmed that glutamine is essential for protein synthesis, complete recovery and immune function. Power Glutamine is virtually tasteless and mixes quickly into protein drinks or other beverages. 90 servings per container.



### NUTRITIONAL FACTS

Serving size: 1 scoop. Calories per serving: 130. Calories from Fat: 20.

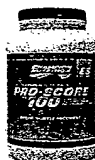
	Amount Per Serving	% Daily Value*
L-glutamine	5 g	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Ingredients:** Pharmaceutical grade L-glutamine.

## Pro-Score 100

A little help goes a long way. One scoop of Pro-Score has 17 grams of easily digestible protein and just one gram of fat and carbs. That makes it ideal for weight-loss, endurance building and workout recovery.



**Available flavors:** Chocolate, Vanilla or Natural (contains no artificial flavors or sweeteners). 22 serving container.

### NUTRITIONAL FACTS

Serving size: 2 scoops (40 g). Calories: 160. Calories from Fat: 20.

	Amount Per Serving	% Daily Value*
Total Fat	2 g	3%
Saturated Fat	1.5 g	8%
Cholesterol	60 mg	20%
Sodium	220 mg	9%
Total Carbohydrate	1.5 g	< 1%
Protein	34 g	68%
Calcium	170 mg	17%
Phosphorus	150 mg	15%
Magnesium	18 mg	4%
Potassium 1	70 mg	5%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Proprietary protein blend (enzymatically hydrolyzed whey protein, milk protein isolate, whey protein concentrate, L-glutamine, taurine, L-histidine, L-valine), natural and artificial flavoring, xanthan gum, potassium citrate, aspartame†, acesulfame-potassium.

**Note:** Nutritional Facts and Ingredients may vary slightly depending upon flavor.

## Pure Whey Protein Stack

Whey is gaining popularity as a powerful protein supplement that lets you burn off maximum fat while maintaining or building muscle! Made from 100% pure whey with added flavor but only two grams of fat. Mixes smoothly with water.



**Available flavors:** Chocolate, Strawberry or Vanilla NEW FLAVORS: Cocoa-Mochaccino, Banana Scream. 31 servings (1 kg).

### NUTRITIONAL FACTS

Serving size: 1 scoop (32 g).

Calories: 130. Calories from Fat: 20.

	Amount Per Serving	% Daily Value*
Total Fat	1.5 g	2%
Saturated Fat	1.5 g	8%
Cholesterol	45 mg	15%
Sodium	70 mg	3%
Total Carbohydrate	1.5 g	< 1%
Sugars	1.5 g	
Protein	26 g	52%
Potassium	145 mg	4%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Micro-filtered and ion-exchange whey protein concentrate and isolate, whey peptides, glycine, natural and artificial flavoring, acesulfame-potassium.

## Revenge Sport

Stay at your peak and restore your energy levels for better endurance. Great-tasting Revenge Sport energy drink is made of all-natural ingredients and packed with vital nutrients to keep you going – without losing sleep.



**Available flavors:** Lemon Venom, Orange Oasis. 27 serving container (includes water bottle).

### NUTRITIONAL FACTS

Serving size: 1 scoop (25 g). Calories: 90.

	Amount Per Serving	% Daily Value*
Sodium	100 mg	4%
Potassium	110 mg	4%
Total Carbohydrate	23 g	8%
Sugars	12 g	
Vitamin C	60 mg	100%
Vitamin E	30 IU	100%
Magnesium	20 mg	5%
Chromium	60 mcg	50%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Metacarb-Sport (proprietary low-glycemic carbohydrate blend which includes maltodextrin and amylopectin starch), fructose, lactic acid buffer blend (sodium and potassium lactate, magnesium lactate, sodium citrate, potassium citrate), dextrose, citric acid, NitroSport blend (D-ribose, L-glutamine, sodium succinate, potassium succinate, glycine) fruit concentrate, natural flavors, beta carotene, vitamin E, ascorbic acid, sodium alginate (from sea algae), salt, quercetin, chromium polynicotinate.

**Note:** Nutritional Facts and Ingredients may vary slightly depending upon flavor.

## Ultramet Lite

Each thick, rich UltraMet shake delivers over 80% of your daily protein requirement, with only 3 grams of fat and enough carbs to stabilize your blood sugar and keep you satisfied for hours. Enhanced with 27 vitamins and minerals to promote optimum health. You'll feel great! 20 servings.



**Available flavors:** chocolate, or vanilla cream. Box of 20 packets.

### NUTRITIONAL FACTS

Serving size: 1 packet (56 g). Calories: 190. Calories from Fat: 10.

	Amount Per Serving	% Daily Value*
Total Fat	1g	2%
Saturated Fat	0.5 g	3%
Cholesterol	20 mg	6%
Sodium	300 mg	12%
Total Carbohydrate	17 g	6%
Dietary Fiber	1 g	4%
Sugars	4 g	
Protein	29 g	58%
Vitamin A	2000 IU	40%
Vitamin C	30 mg	40%
Vitamin D	200 IU	50%
Vitamin E	30 IU	100%
Thiamin	750 mcg	50%
Riboflavin	800 mcg	50%
Niacin	10 mg	50%
Vitamin B6	1 mg	50%
Folate	200 mcg	50%
Vitamin B12	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Calcium	500 mg	50%
Iron	9 mg	50%
Phosphorus	500 mg	50%
Iodine	75 mcg	50%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	21 mcg	30%
Copper	1 mg	50%
Manganese	1 mg	50%
Chromium	60 mg	50%
Molybdenum	37 mcg	50%
Chloride	170 mg	5%
Boron	1 mg	†
Choline	100 mg	†
CitrMax (garcinia cambogia)	500 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Ingredients:** Peptol EX™ (proprietary protein blend containing ion-exchange and hydrolyzed whey protein isolate, calcium caseinate, milk protein isolate, potassium caseinate, egg albumen, whey protein concentrate, sodium caseinate, L-glutamine, taurine, L-carnitine and calcium alpha-ketoglutarate), maltodextrin, fructose, natural and artificial flavoring, vitamin-mineral blend consisting of: (dicalcium phosphate, magnesium oxide, potassium phosphate, choline bitartrate, potassium citrate, potassium chloride, vitamin E acetate, ascorbic acid, ferrous fumarate, beta-carotene, boron protein, biotin, niacinamide, zinc oxide, manganese gluconate, vitamin A palmitate, calcium pantothenate, molybdenum amino acid chelate, copper gluconate, folic acid, Vitamin D3, copper sulfate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, chromium polynicotinate, selenium amino acid chelate, potassium iodide, cyanocobalamin, xanthan gum, CitriMax™ (garcinia cambogia extract), soy lecithin, aspartame\*\*, salt, medium-chain triglycerides, bromelain, safflower oil, canola oil, cellulose gum, carrageenan, soy isoflavones, borage oil, mono and diglycerides.

\*\* Phenylketonurics: This product contains phenylalanine.

**Note:** Nutritional Facts and Ingredients may vary slightly depending upon flavor.

## 4 Easy Ways to Order

### 1. Phone: 1-800-436-9892

Your personal fitness consultant will help you choose the right equipment to meet your fitness goals.

### 2. Internet: [www.nautiluscatalog.com](http://www.nautiluscatalog.com)

We feature secure ordering.

### 3. Mail:

The Nautilus Group  
1400 NE 136th Ave.  
Vancouver, WA 98684

Mail the order form in your catalog along with credit card information, check, money order, or gift certificate.

### 4. FAX: 1-360-694-7755

Use your order form with credit card information.

## Payment

Charge to your Bowflex® or Nautilus® charge account (see below for details). We also welcome VISA, MasterCard, Discover/NOVUS and American Express cards or check or money orders. COD not accepted.

## Customer Service

Representatives are available Monday to Friday from 8 AM to Midnight EST, Saturday and Sunday 8 AM to 7 PM EST to assist you with any issues relating to your existing order. Call 1-800-436-9892. Some of the products in this catalog will require assembly. Most equipment is designed to be assembled by a person with average mechanical ability.

If you need advice regarding assembly of a product that is not indicated as In-Home Delivery please call customer service at 1-800-436-9892.

## Shipping and Handling


Because most of our products are heavy-duty professional quality fitness equipment, our cost to ship them is higher than other items. The shipping and handling charge for these products, as well as some others, are shown in parentheses next to the price. For all other items, please refer to the Standard Shipping Table on the order form. These charges apply to delivery within the 48 contiguous United States. Call for charges for delivery to Alaska, Hawaii or international locations. Your order will be processed in 1 business day and will be sent via the most efficient shipping method. Most orders deliver in approximately 6-10 business days. Please provide a street address for delivery along with a daytime phone number. Most items are shipped UPS ground; however, certain items are shipped by motor freight carrier (truck) or directly from the factory. Your consultant will advise you of shipping methods and times when you place your order.

If a motor freight carrier delivers an item, the driver will unload it. Items difficult to move from the truck

to your home may require assistance that you will need to provide, unless this item is being delivered via In-Home Delivery.

Items ordered together might not ship at the same time; your credit card or account will be billed only for what is shipped.

## In-Home Delivery

Most orders are delivered in 12-17 business days. Shipping charges followed by the  symbol are delivered by our In-Home Delivery service. This service includes shipping, handling and installation by an authorized Nautilus® Health and Fitness Group product distributor and/or service provider. The product is brought into your home, unpacked and assembled. A delivery service representative will contact you to arrange an appointment.

## Satisfaction Guaranteed

Try your Nautilus® products. If you're not 100% satisfied – for any reason – simply contact our customer service department within the time period indicated below at 1-800-436-9892 for a return authorization number. Then return your purchase, in its original condition and packaging, and you'll receive a full refund, less shipping and handling. Items must be shipped no later than 2 weeks after your return authorization is given.

### Satisfaction Period

- Bowflex® 6 weeks
- Nautilus® Sleep Systems 90 nights
- All other products 30 days

## Apply for the Nautilus Direct Credit Card Today



### • ZERO DOWN FINANCING AVAILABLE

Nautilus® products are easy to own, thanks to Zero Down Financing and LOW monthly payments available on your Nautilus® Direct credit cards. Furnish your home gym for less than some monthly athletic club dues! And no initiation fee! Call 1-800-436-9892 today for details.

### • 90-DAYS SAME AS CASH

To qualify for 90-days same as cash, you must apply for a Nautilus® Direct credit card Account, by doing so you are applying for a revolving credit card from Household Bank (SB), N.A. If the balance on your purchase is paid in full before the 90-day promotional

period expires and your Account is kept current, accrued Finance Charges will not be imposed on these purchases. If the balance on these purchases is not paid in full, Finance Charges will be assessed from the purchase date at the Standard Rate of 21.8% APR. For Accounts not kept current, the Default Rate of 25.8% APR will be applied to all balances on your Account. Minimum Finance Charge \$1.00. Certain rules apply to the allocation of payment and Finance Charges on your promotional purchase if you make more than one purchase on your Nautilus Direct card. Call 1-888-367-4310 or review your cardholder agreement for information.

## Our Catalog Mailing List

**Duplicate catalogs?** Send the order form on the left with the printed addresses of the catalogs you have received to: Mailing List, The Nautilus Group, 1400 NE 136th Ave., Vancouver, WA 98684. Indicate which addresses are correct and incorrect.

**Unwanted Catalogs?** If you do not want to receive our catalog, please send us your name and address as it appears on your catalog asking to be removed from our mailing list (see above address). Please allow at least 8 weeks for us to update our list.

**Sales Tax** WA residents add 7.7% sales tax. VA residents add 4.5% sales tax to Merchandise Total only.

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## Men's & Women's Sizes

Women's Shorts, Capris, Ankle Pants, Jazz Pants:  
P(0-2), S(4-6), M(8-10), L(12-14), XL(14-16)

Women's Bra Top and Tank:

Size:	Small	Medium	Large	X-Large
Bust:	33-34	35-37	38-39	40-42

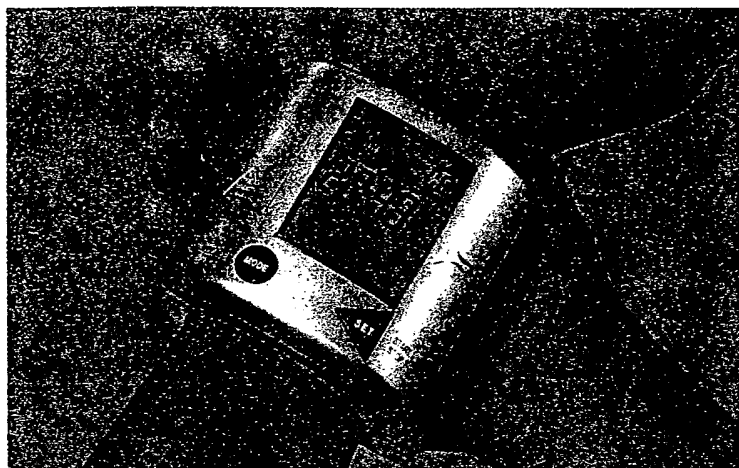
Unisex T-Shirt and Men's Tank:

S(34-36), M(38-40), L(42-44), XL(44-46), XXL(46-48)

Men's Shorts:

S(28-30), M(32-34), L(36-38), XL(40-42), XXL(44-46)

## Keep your healthy lifestyle – at home and on the road.



### Medisana® Wrist Blood Pressure Monitor

**Fast, accurate blood pressure readings – for two!**

Easy Wrist Blood Pressure Monitor is a convenient way to monitor your health anytime. Simply slip the cuff-style device over your wrist, and press the button. Big, easy-to-read backlit display shows your diastolic and systolic blood pressure measurements and pulse rate. Two-channel memory stores up to 200 measurements (100 per channel) with a time and date stamp, so you can keep a history of your blood pressure for your own records or to show your doctor. Automatic shut-off. Comes with a carrying case for workout bag or travel. Uses two AAA batteries (not included). 5-year warranty.

AT112 \$89.95

### Shape Magazine's Walk CD Collection

**Move to the music!**

CDs are packed with specially-chosen songs that are perfect for any kind of exercise. Guaranteed to get you moving and grooving! Each CD is 60-minutes long, with songs by original artists.

Walk 1: 60's Hits

(14 tracks) AT132 \$14.95

Walk 2: 70's Disco

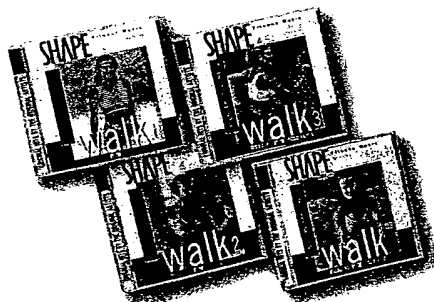
(12 tracks) AT133 \$14.95

Walk 3: High Energy Hits

(14 tracks) AT134 \$14.95

Walk Plus: 80's Modern Rock

(14 tracks) AT136 \$14.95



For track information  
go to [www.nautiluscatalog.com](http://www.nautiluscatalog.com)



### KINeSYS® Skincare

**Protect your skin with the athlete's favorite.**

Save your skin from harmful UV rays while you workout. KINeSYS products give you SPF 30 protection that won't come off when you sweat or swim. Hypoallergenic, oil-free, alcohol-free, too. Analgesic Muscle Balm soothes sore muscles, and soothing Foot Spray keeps feet fresh and fungus-free.

Performance Sunscreen Spray AT078 \$14.95

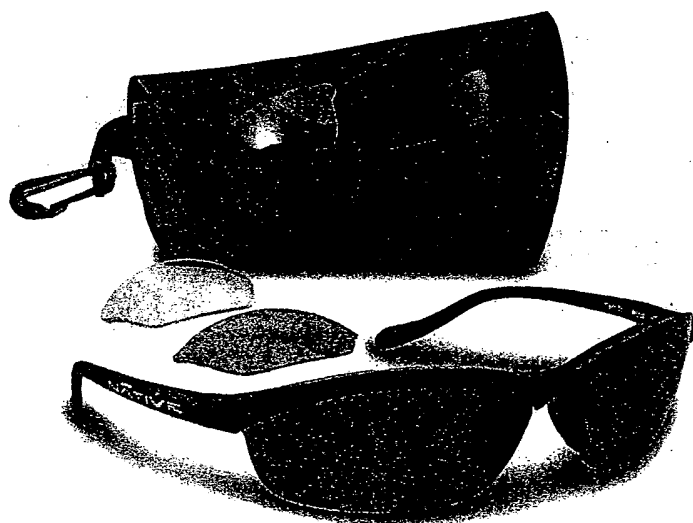
Performance Sunscreen Fragrance-Free Spray AT079 \$14.95

Performance Sunscreen Cream AT077 \$14.95

Sun Protection Stick AT080 \$7.95

Analgesic Muscle Balm Stick AT081 \$12.95

Anti-Fungal Foot Spray AT082 \$12.95



### Native® Eyewear Sunglasses

**Sunglasses designed by athletes for athletes.**

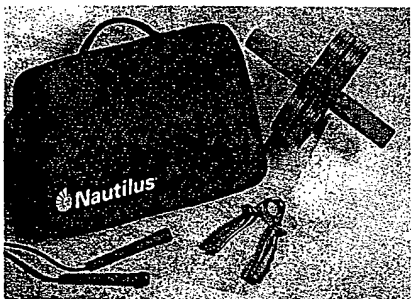
Perfect for working out, Native Eyewear's lightweight Dash SS™ (SS=Square Shape) sunglasses feature Cushionol™ and special venting to keep you cool and comfortable, without fogging or slipping. The unique interchangeable lens system lets you switch lenses without having to put your fingers on the center of the lens. Comes with two extra sets of lenses – orange for low-to-medium light conditions and yellow for low light.

AT113 \$109 (\$5.95)

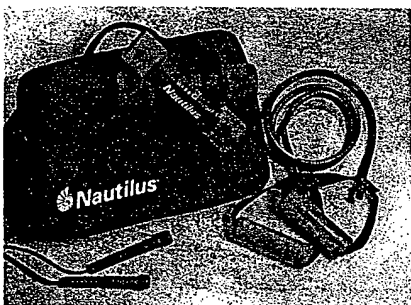




Nautilus Audio Travel Pack



Nautilus Complete Workout Travel Pack



Nautilus Women's Travel Pack



Nautilus Women's Toning Kit

### Audio Pack

**Take your favorite workout tunes anywhere.**

Enjoy your favorite motivating music while you walk, jog or cycle. Nautilus® Audio Pack is made of lightweight neoprene. Securely holds portable CD/cassette stereo or MP3 player, plus extras like cash or credit cards.

AT001 \$17.99

### Complete Workout Travel Pack

**On the road? Keep your workout on track.**

Compact Nautilus Travel Pack helps you maintain fitness while you travel. Includes a toning wheel, hand grips and speed rope to provide toning plus a cardiovascular workout. Packable zippered case.

AT012 \$26.99

### Women's Travel Pack

**Women: stay fit when you travel.**

Don't miss a single day of your workout! Designed especially for women, this Nautilus Travel Pack includes two 1-lb. cushioned dumbbells, speed rope and step bands, in a convenient zippered pouch.

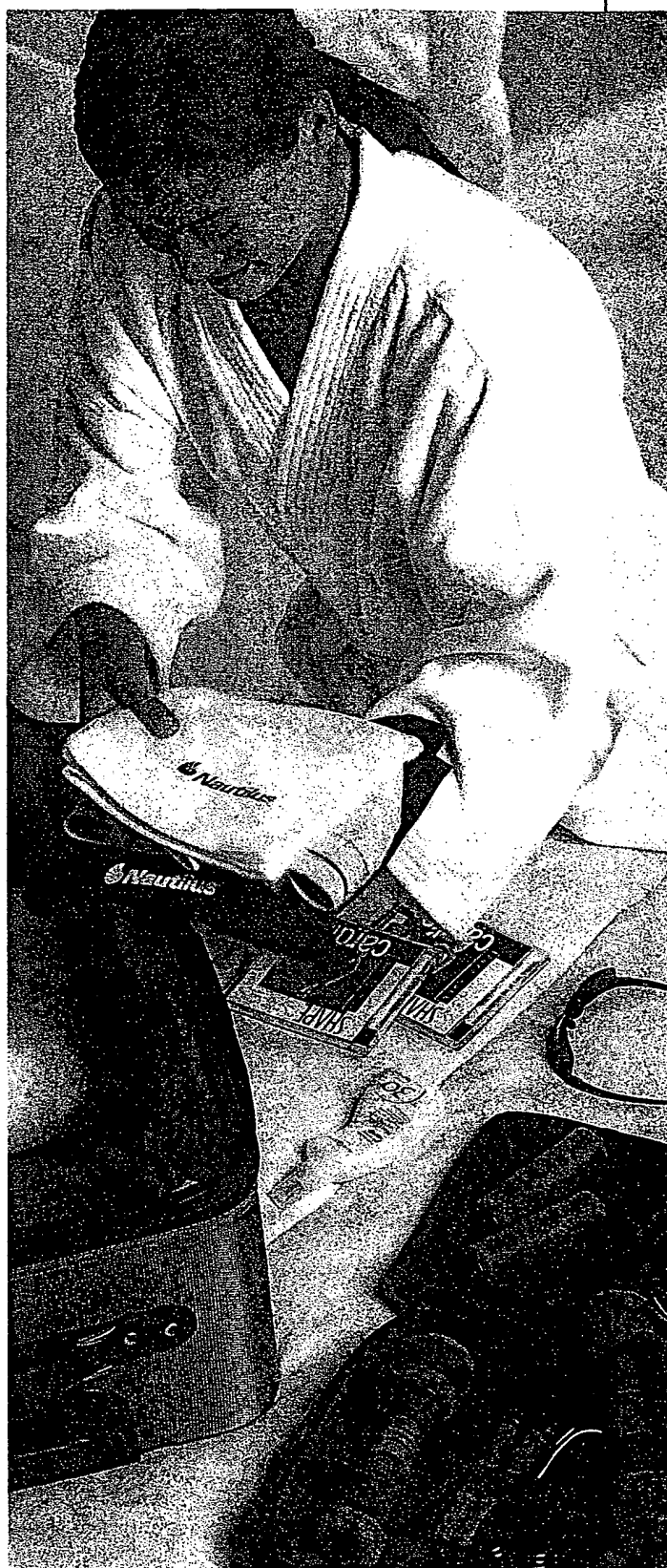
AT179 \$32.99

### Women's Toning Kit

**Instant toning. at home or away.**

The Nautilus Women's Toning Kit comes with step bands, thigh weights and two 1-lb. dumbbells to help you tone your body. Use each piece alone or with aerobic routines to help you get the results you're seeking.

AT178 \$39.99




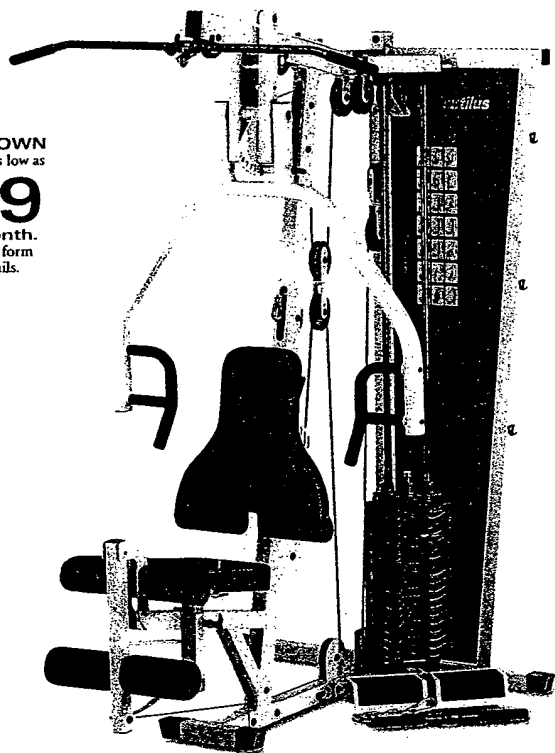
**ORDER NOW**

**1-800-436-9892**

**Nautilus® Strength Systems NS 200****Get a complete workout in a small space.**

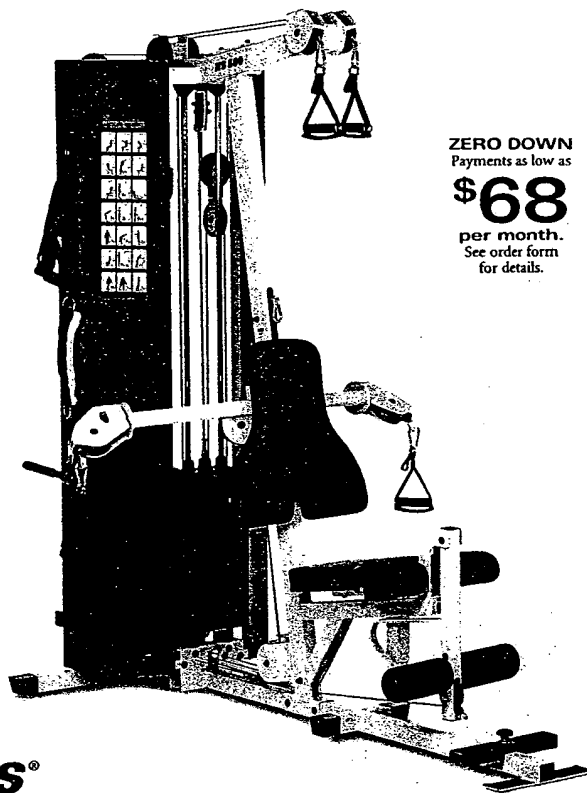

- 20-increment, 200-lb. weight stack
- Left- or right-side weight position – adjust to fit your space
- 11-position press arm with multiple grip positions

Built with the same premium grade materials as the legendary Nautilus® commercial equipment, this ultra-compact gym gives you a premium workout of your chest, lats, legs and more – without taking up a lot of space. Adjustable seat bottom and back to fit every user. Low-pulley station with fixed foot plate for rowing and similar exercises. 61"L x 46"W x 83"H.

AS039 \$1,499 (\$449) ZERO DOWN  
Payments as low as**\$59**per month.  
See order form  
for details.**Nautilus® Strength Systems NS 500****Free weight benefits in a home gym machine.**

- Free-motion system for maximum flexibility.
- Simulate golf, baseball or tennis movements
- 20-increment, 200-lb. weight stack

Target each muscle group with a machine that's convenient and easy to use. Dual-handle press and pull stations operate independently, so you define the exercises for your unique needs. Improve flexibility and build strength by recruiting secondary muscles. 4-1/2" pulleys create a large radius for free cable movement to accommodate users of all sizes. 74"L x 55"W x 83"H.

AS041 \$1,799 (\$449) ZERO DOWN  
Payments as low as**\$68**per month.  
See order form  
for details.**Nautilus®****Maximize your muscle-building, body-shaping, fat-burning potential!****Creatine Xtreme®**

Boost your performance by delivering creatine directly to your muscle, the source of your power, without an unwanted "sugar crash." Glutamine-enhanced, 14% more creatine than ordinary brands and less sugar. 20 servings each. Specify lemonade, grape or island punch.

AT255 \$44.95 ♦

**Met Max™**

If your goal is to become stronger, faster and healthier than the average Joe – if you're an elite athlete (or just work out like one) – Met Max is for you. It's Champion's ultimate supplement for building muscle, with everything your body needs to function at optimal efficiency and recover fast. 20 servings. Specify chocolate or vanilla.

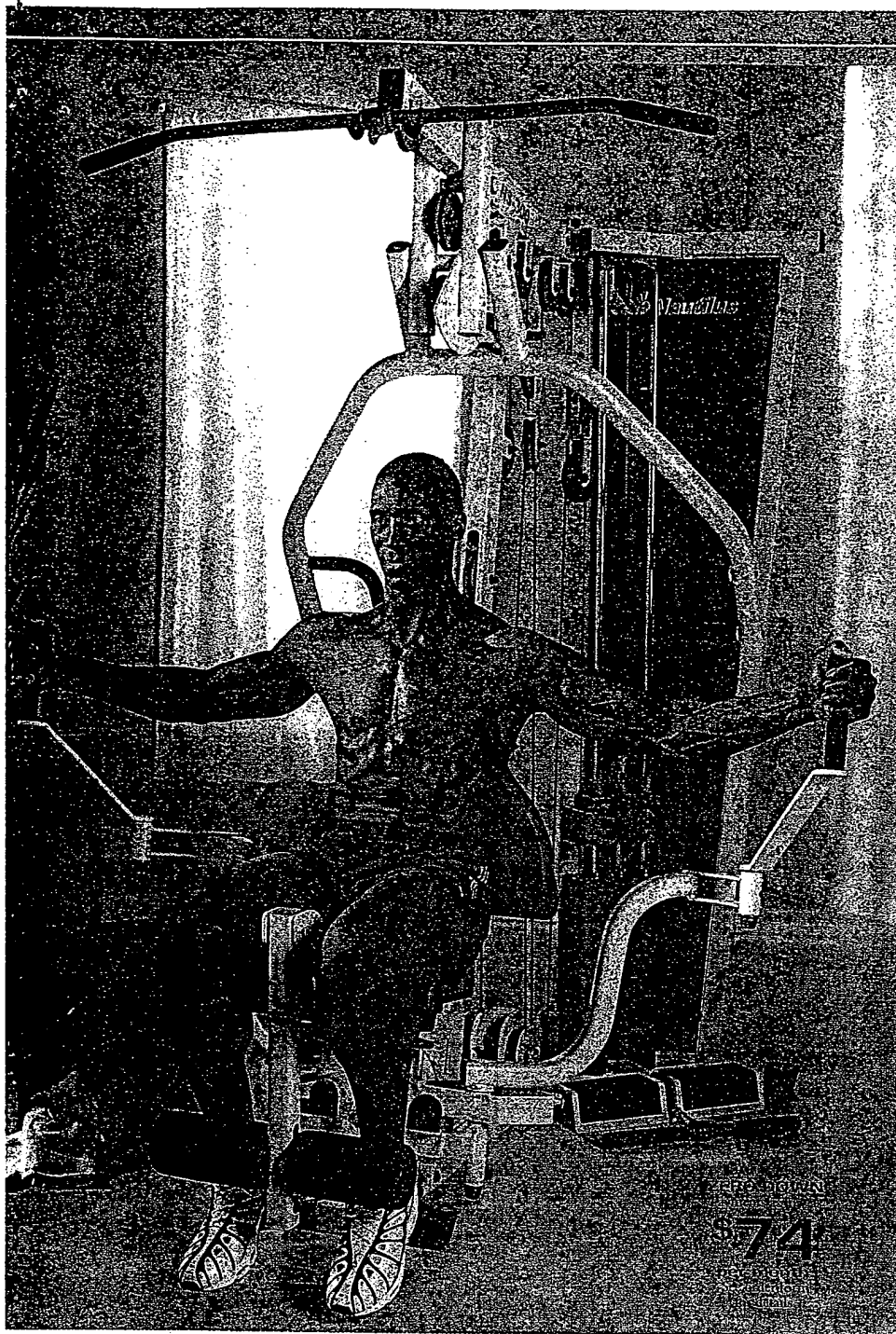
AT243 \$59.95 ♦

**HeavyWeight Gainer 900**

One low-fat HeavyWeight Gainer shake provides 900 calories that help you gain muscle. It also helps prevent stored energy in muscles from being broken down during the day, so you have more energy during intense workouts. Use as a meal replacement to lose fat even faster. Packed with protein, too. 21 servings. Specify chocolate, strawberry or vanilla.

AT246 \$44.95 ♦






## Get stronger. Get Nautilus®

### Nautilus® Strength Systems NS 300

Health club quality gym gives you more — strength, flexibility, and performance.

- Target muscle groups with precision
- Separate Pec Dec for super chest building potential
- Left- or right-side weight position — adjust to fit your space
- 11-position press arm with multiple grip positions for variety
- Over 30 different exercises

Create your own health club right at home — all you need is the legendary-quality NS300, packed with features, easy to use and guaranteed to give you the results you want. If you put a premium on space in your home but also want a gym-quality workout, this machine is for you. Fully adjustable range of motion, seat and back positions allow for safe operation and an exacting fit on over 30 different exercises. Individual low pulley station with fixed footplate lets you target muscle groups and perform rowing and other exercises. Easily adjustable for a wide range of users and fitness levels. 67"L x 46"W x 83"H.

AS040 \$1,999 (\$449) 

## Strength Training is the Key to a Balanced Workout

Feel better and look better — nothing is more satisfying than the feeling you get after a good workout. Strength training is as important to losing weight and getting in shape as cardio exercise.

Strength training is exercising with resistance, to build muscle strength. It's like weight lifting, but it's a lot easier than you may think. It doesn't take a lot of weight resistance to shape and sculpt beautiful lean muscles. And it's muscles that give you energy and strength.

Stay fit and in shape as you get older by making strength training a consistent part of your life. Physical activity is the key to maintaining your youthful energy. Strength training also ensures you maintain a healthy weight, and have the strong resilient muscles needed to participate in aerobic activities, outdoor recreation and sports.

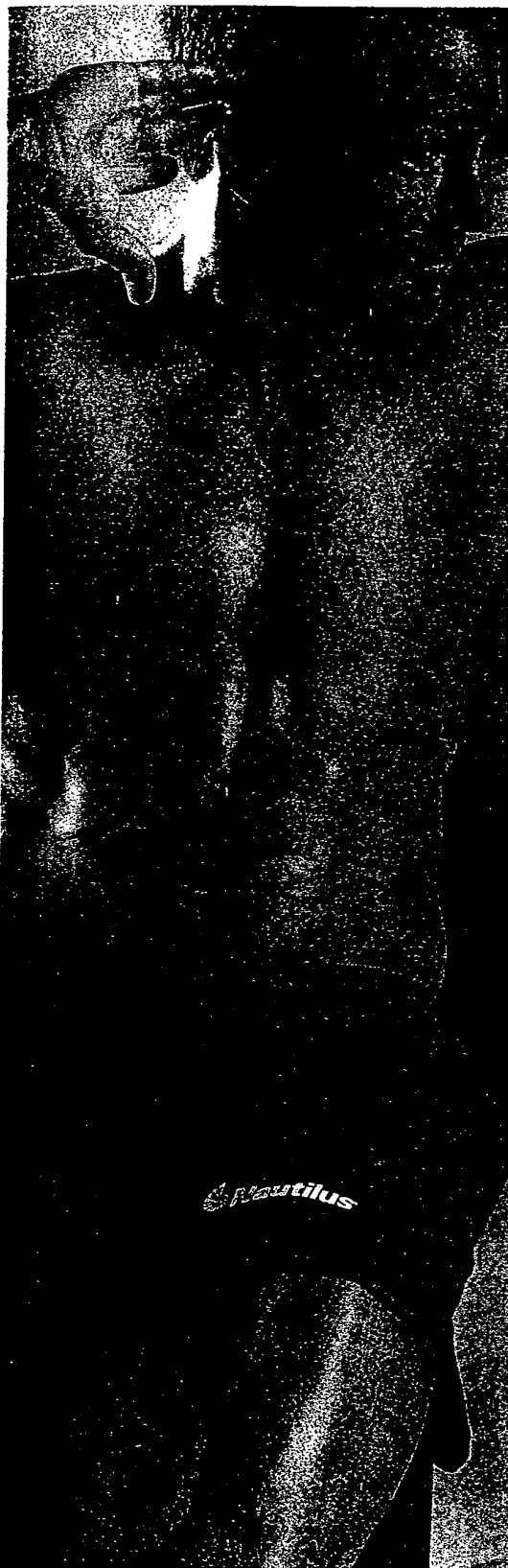
As we age, we begin losing muscle, that's why it's so hard to stay fit. Unless you are doing regular strength training, you will

lose up to a half pound of muscle every year after age 25. This gradual decrease in lean muscle mass means that non-training adults will experience a half percent reduction in metabolic rate each year. Why should you care? Simple: Muscle acts as your body's "fat burners."

Strength training is the secret to losing fat, toning your muscles and increasing your energy.

**ORDER NOW**

**1-800-436-9892**



### Nautilus Strength Systems NS 4000 Bring the ultimate gym home.

If you're serious about changing your body and increasing fitness like never before, give yourself a full-body challenge with a Nautilus® superior health club quality gym. Designed for performance, comfort and safety, the NS 4000 is guaranteed to get you and your family in shape. You'll look better, have more muscle tone and be more competitive in your favorite sport. What could be more convenient than a health club in your own home? You'll workout more – and better – with top-of-the-line equipment just a few steps away.

#### State-of-the-art performance with four active stations.

- Four separate weight stacks and exercise stations can accommodate four users at the same time or allow for non-stop circuit training
- Multi-press station for chest, incline and shoulder presses
- Leg press and abdominal crunch station provides up to 400 lbs. of resistance

The NS 4000 Home Gym combines all the features and technology used in the famous Nautilus Nitro® Club Line into an all-inclusive strength system that's perfect for home use. Choose from four stations for different types of exercise. Work the multi-press station, leg press and abdominal crunch station, Pec Dec and rear deltoid station and leg curl and leg extension station. All include fully-adjustable 200-lb. weight stacks that are covered for maximum safety. Each station also includes instructional cards to demonstrate machine set-up, proper form and targeted muscle groups. 124"L x 88"W x 84"H.

AS042 \$6,999 (\$799) 

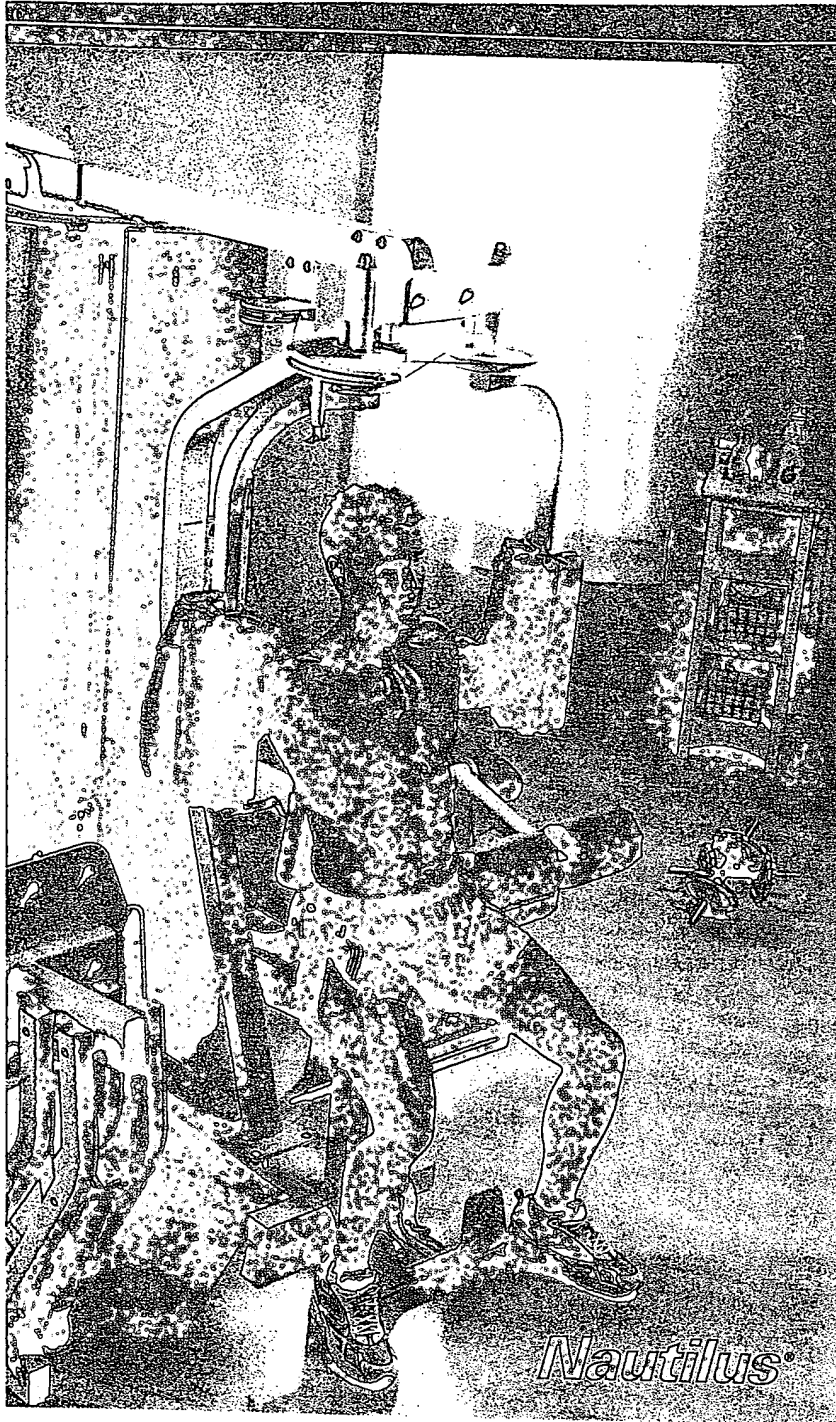
### Champion Nutrition™ Gain Size and Strength Program Improve your muscle-building potential.

Here's a complete supplement program to enhance muscle size, strength and power. This best-of-the-best combo includes Met Max shakes (56 servings), Grape Creatine Xtreme dietary supplement drinks (20 servings) and Chocolate Metabolol II nutritional shakes (15 servings) – plus a handy shaker bottle!

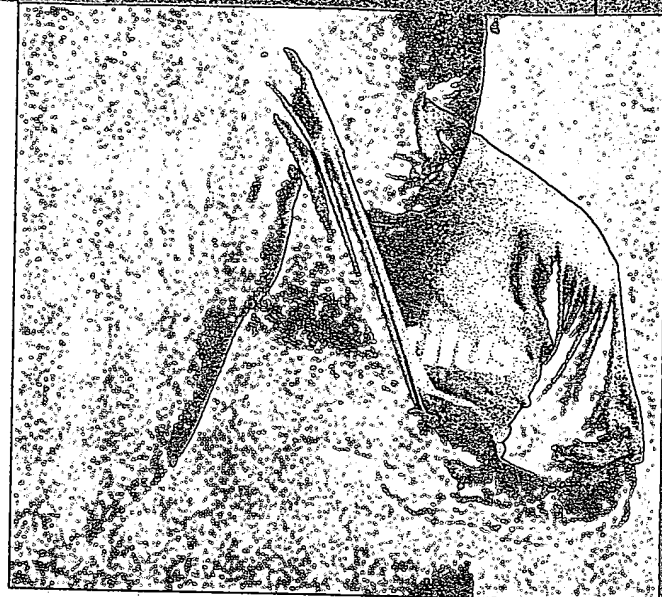
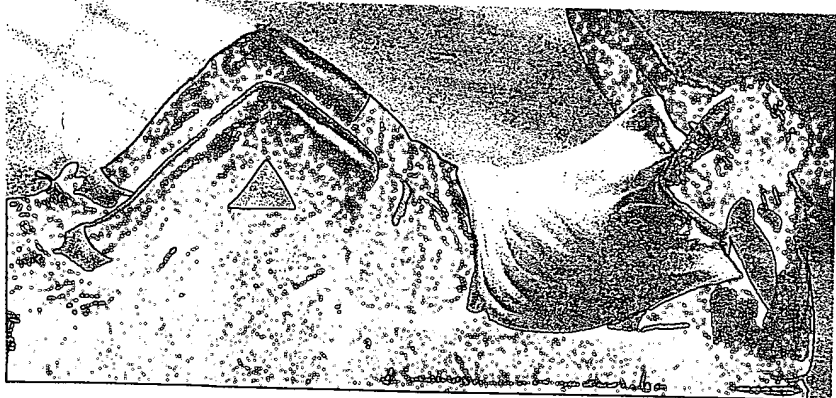
AT011 \$250 ♦







*Nautilus*



### Men's Dri-release™ T-Shirt

**Stay cool during your toughest workout.**

High-performance Dri-release™ fabric wicks away moisture to keep you cool and dry. Treated with FreshGuard® to virtually eliminate body odor. 85% polyester/15% cotton. Imported. Choose red, navy, gray, black or white.

AT250 \$16.95 (S,M,L,XL,XXL)

### Men's Dri-release™ Tank

**Your favorite tank.**

No sleeves means greater range of motion and even more comfort. High-tech Dri-release™ fabric feels like cotton, yet wicks away moisture to keep you cool. FreshGuard® reduces body odor. 85% polyester/15% cotton. Imported. Choose red, navy, gray, black or white.

AT241 \$15.95 (S,M,L,XL,XXL)

### Men's Fitness Shorts

**Your choice, for your comfort.**

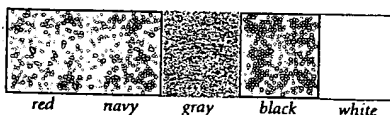
Stock-up on versatile shorts for running, lifting or any sports activity. Comfortable Dri-release™ Shorts are made from a special fabric that keeps you cool and dry. 85% polyester/15% cotton. Supplex® Nylon Shorts are super-lightweight, with a Dri-release™ lining. Both feature elastic drawstring waist. Imported. Choose red, navy, gray or black.

Dri-release™ Shorts AT242 \$19.95

(S,M,L,XL,XXL)(Shown on page 17.)

Supplex® Nylon Shorts AT258 \$19.95

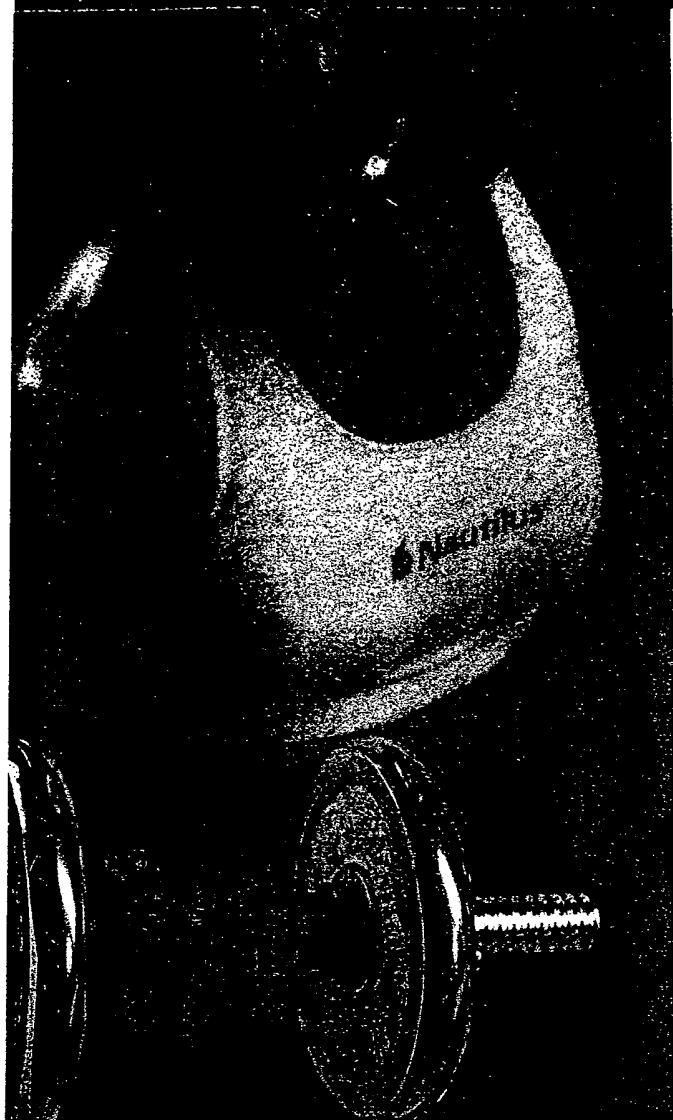
(S,M,L,XL,XXL)(Shown here.)



**ORDER NOW**

**1-800-436-9892**





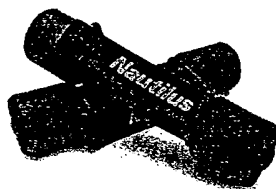
### Cushioned Dumbbells

**Boost your aerobic workout.**

Add resistance to your walking, jogging or aerobics routines with a pair of comfortably cushioned dumbbells in 2-lb. or 4-lb. weights. Cast iron covered by soft padding.

2-lb. Set AS026 \$14.99

4-lb. Set AS027 \$18.99

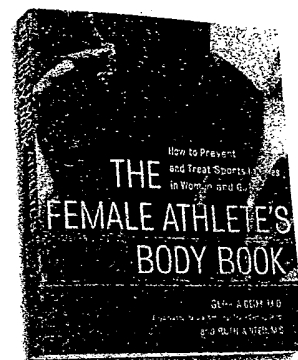


### The Female Athlete's Body Book

**Prevent and treat women's sports injuries.**

Authoritative and readable guide to injury prevention, with advice on workouts, nutrition and recovery, plus special info for younger, pregnant and mature athletes. By Dr. Gloria Beim, board-certified orthopedic surgeon specializing in sports medicine and team physician for the U.S. National Track Cycling Team.

AS035 \$16.95 Softcover



### Power Twister

**Twist your way to stronger hands, wrists, shoulders and more.**

Strengthen your grip, shoulder muscles and upper torso with this simple resistance rod made of heavy-duty, chrome-plated steel. Select the moderate or heavy gauge Twister for your body type and fitness level.

Moderate (25"L) AS047 \$15.99

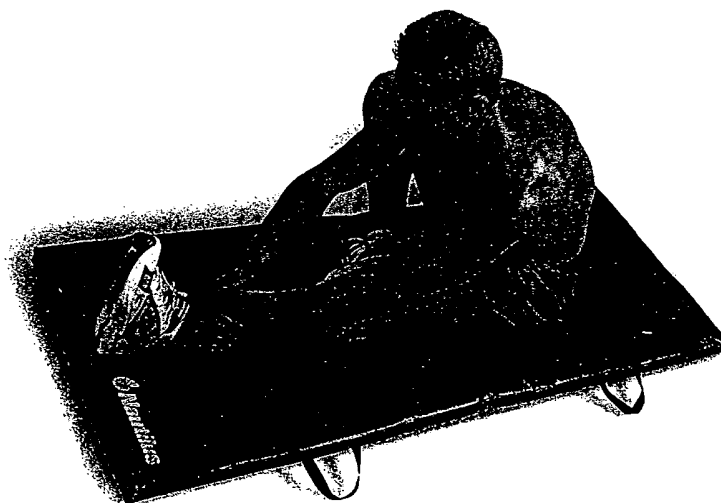
Heavy (29"L) AS048 \$19.99

### Cushioned Workout Mat

**Workout comfortably on any floor.**

Sturdy foam padding gives you a more comfortable workout surface on any floor, from wood to carpet or tile. Soft vinyl cover. Extra-large size for all users. Folds in half; with handles for easy transport. 60"L x 24"W.

AR028 \$49.99





### Champion Nutrition™ Metabolol II

**Boost your metabolism.**

Meal replacement powder: increase energy, stamina, build muscle, reduce conversion of carbs into fat, boost metabolism, speed recovery, 15 servings. Specify chocolate, orange or plain.

AT256 \$29.95 ♦



### Champion Nutrition™ Revenge Sport

**Peak performance without stimulants.**

Stay at your peak and restore your energy levels for better endurance. Great-tasting Revenge Sport energy drink is made of all-natural ingredients and packed with vital nutrients to keep you going – without losing sleep. 27 servings. Specify lemon venom or orange oasis.

AT257 \$19.95 ♦



### Power Pro Hand Grips

**Improve your golf, tennis, bowling.**

Build your hand strength for better performance in a variety of hand-oriented sports. Smooth action and foam-padded handles are comfortable, so adding reps is easy! Set of two grips to work both hands simultaneously.

AS045 \$12.99



### Adjustable Grip Builder

**Add resistance as you grow stronger.**

As you work your hands, wrists and lower arms, you'll need more resistance to keep up the results. Sturdy hand grip builder lets you easily adjust resistance. Ideal tool for building long-term hand strength.

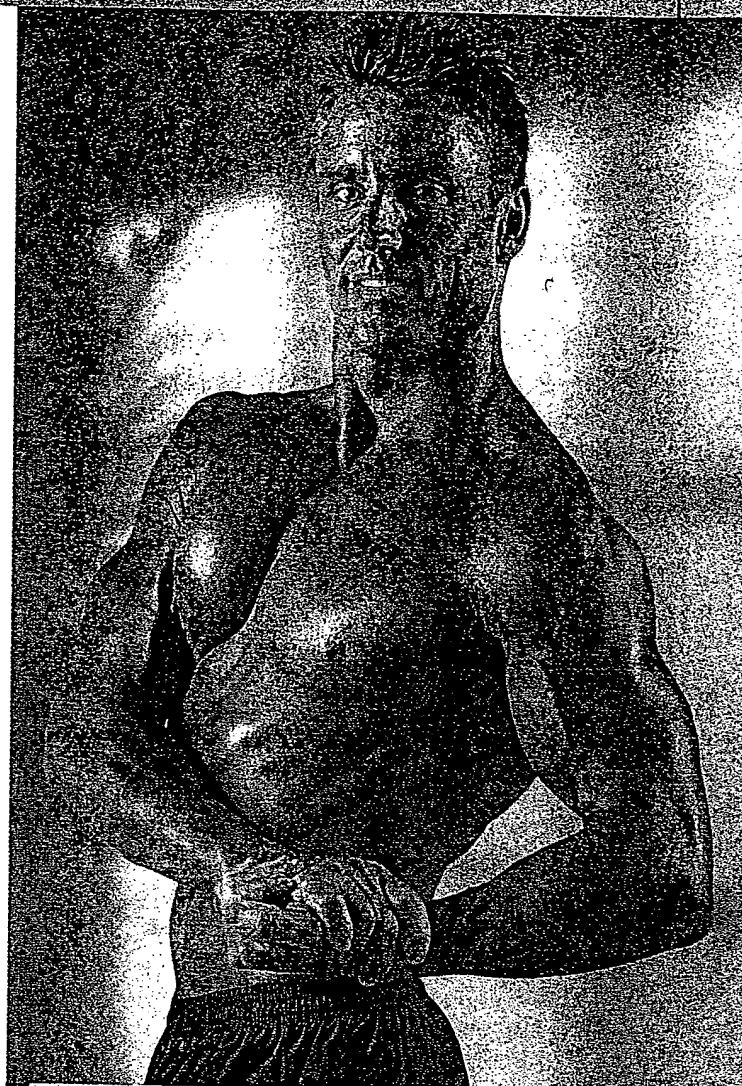
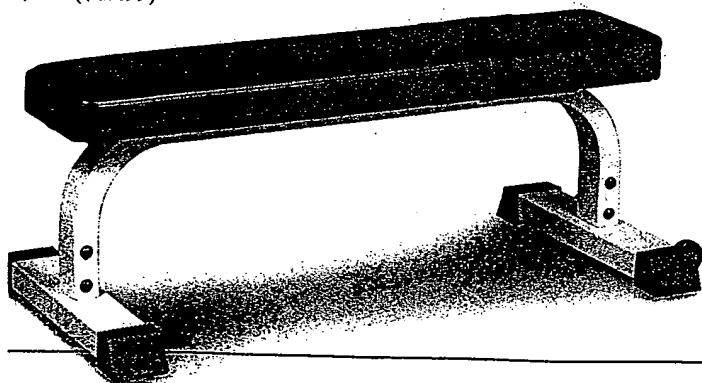
AS006 \$8.99

ench

**Safe with a sturdy workout bench.**

Proper posture and stable positioning are two of the keys to a successful weight workout. Nautilus gym-quality Flat Bench is padded for comfort, with a wide, stable base. 48"L x 22"W x 17"H.

\$129 (\$47.99)



## Strength Training for Weight Loss?

Most people think only of cardio-type exercises – running, rowing, elliptical or stairclimbing – when they want to lose weight. Of course, aerobic activities like these are absolutely necessary if you want to burn fat and drop pounds. But don't overlook another important key to weight loss: strength training.

It's simple: the more muscle you have on your body, the higher your metabolism, and the more calories you burn. In fact, one pound of muscle burns up to 350 calories per week! The more muscles you add, the more calories and fat you burn. What an awesome boost for any workout!

Make sure some element of strength training is always part of your overall workout routine. You'll increase your body's natural fat-burning ability while you shape and sculpt your body for a look you'll love.

**ORDER NOW**

**1-800436-9892**

## Discover why *Fitness Magazine* rated Bowflex® the best home gym.

**Twenty minutes three times a week, gets you the kind of results people notice.**

Toned muscles plus a notch tighter on the belt or a dress size smaller are results worth noticing. No matter what your fitness goals are, Bowflex will help you shape your body – within six weeks, guaranteed. Lose weight, slim and tone problem areas, improve strength and gain muscle where you want it. It's all within your reach with the Bowflex home gym.

**Innovative design makes your workout quick, easy and effective.**

You'll love the convenience and performance of working out at home with Bowflex. It's one of the quickest ways to experience a total body workout with both strength and cardiovascular benefits. Faster, more effective workouts are possible with Bowflex because its easy-to-use cable pulley and Power Rod®

systems keep transition time between exercises to a minimum. This is the key to circuit training – maintaining your heart rate for maximum fat-burning results.

**Bowflex is your ideal training partner for results.**



Bowflex's unique Power Rod® system makes exercise movements more fluid than using free weights. Hook up one or more Power Rods to the cable pulley system and go from as little as 5-lbs. all the way to 410-lbs. of resistance. The result is an intense, high-quality workout that will make you wonder why you ever spent time changing weights on a bar. Plus – Power Rods are so strong, you can flex them repeatedly and they'll never wear out. In fact, they have a No-Time-Limit Warranty.\*

What's more, Bowflex is an attractive, quiet and space-saving home gym. It's a perfect fit for any room, allowing you to work out where and when you want. Check out the versatile Bowflex options in the next few pages — and don't miss the comments from real customers on page 39.

### Proudly Designed and Engineered in the U.S.A.



**100% SATISFACTION GUARANTEED** Your satisfaction is guaranteed. The unique Bowflex Power Rod® system is precisely manufactured under the highest quality control measures. Each individual rod is sheathed and then put through three different tests to ensure quality and durability. Bowflex is a superior product and we stand behind it. Just purchase your Bowflex home gym and workout for up to six weeks. If you're not 100% satisfied with the quality of results then return it, including any accessories, in its original condition and packaging, and receive a full refund less shipping and handling. See order form for details.

#### \* No-Time-Limit Warranty

Power Rods® are so strong, you can flex them repeatedly but you can't wear them out. In fact, they're so strong they have a No-Time-Limit Warranty. If you can wear them out, WE'LL REPLACE THEM FREE.



# You can sculpt the ultimate body!

## Bowflex® Ultimate™ XTLU

**Build more muscle, have the versatility of more exercises and get results.**

- 310-lbs. of Power Rod® resistance comes standard— more than any other Bowflex!
- Built-in adjustable pulley system to really pump your upper body
- Over 90 gym-quality exercises on one machine

Bowflex Ultimate XTLU gives you everything you need to do over 90 exercises, including strength training and cardiovascular workouts. The integrated lat tower builds back and shoulder muscles, while the leg extension/leg curl station develops stronger, more muscular legs. The built-in adjustable pulley system expands from 22" to 37" wide, for better bench press and fly exercises. Also includes a low pulley/squat station to help you work more of your muscles in different ways. With a standard 310-lbs. of Power Rod resistance, Bowflex Ultimate XTLU guarantees you'll always have challenging workouts. 10-year warranty, plus a No-Time-Limit Power Rod warranty. Folded footprint size is just 48" x 27-1/4".

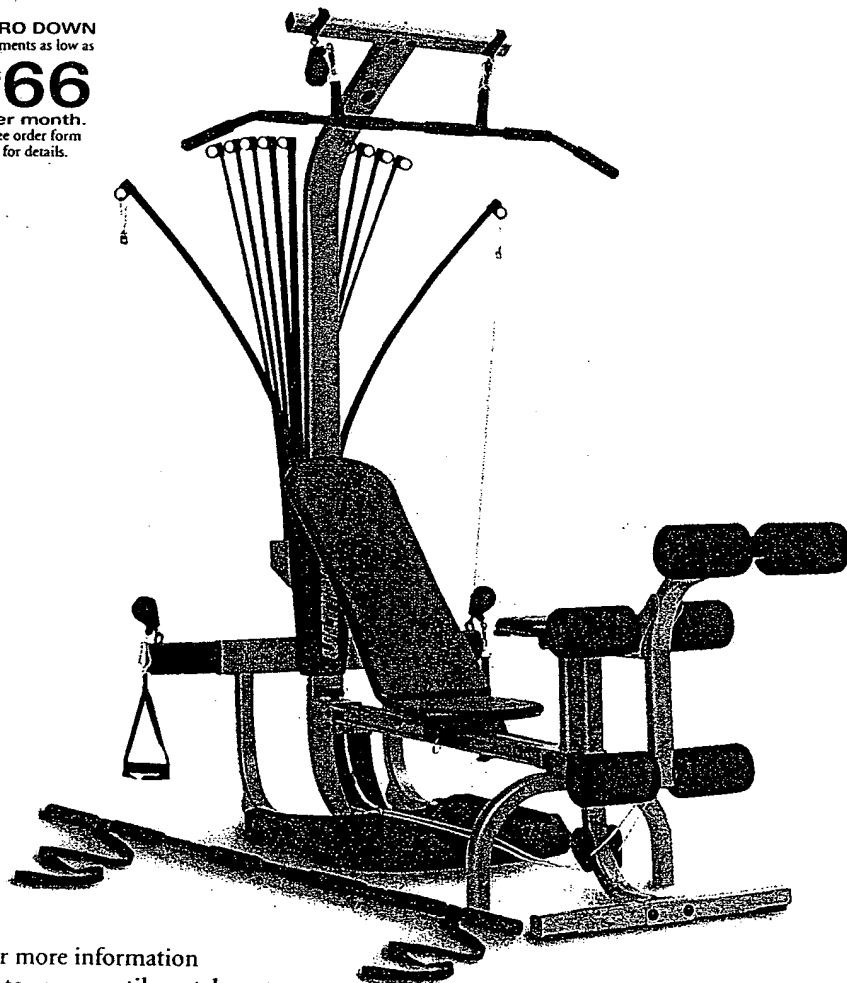
AS012 \$1,999 (\$199)

100-lb. Power Rod® Upgrade AS002 \$99

**ZERO DOWN**  
Payments as low as

**\$66**

per month.  
See order form  
for details.



For more information  
go to [www.nautiluscatalog.com](http://www.nautiluscatalog.com)

**ORDER NOW**

**1-800-436-9892**

## Packed with options to give you Xtreme results.

### Bowflex Xtreme™ XTLU

**Designed for serious strength training:  
no boredom allowed!**

- Reinforced X-shaped base is ultra-stable, even during your heaviest workouts
- 210-lbs. of Power Rod® resistance (can upgrade to 310- or 410-lb.)
- Lat, Squat and Leg attachments for full-body sculpting

The Bowflex Xtreme XTLU is all about options, so you can get the exact workout – and the impressive results – you need. The upright, gym-style seating position is height-adjustable and easily accommodates any exercise; the flexibility of setups make this an ideal machine if you like variety in your workout. Perform over 65 exercises. The adjustable upper and lower pulleys offer an incredible range of options for building chest, shoulders, back and arms, plus sculpting legs and lower body. 7-year warranty, plus

1 No-Time-Limit Power Rod

warranty. Measures  
56"L x 50"W x 83"H.

AS014 \$1,199 (\$129)

### 100-lb. Power Rod® Upgrade

Upgrade to 310-lbs. of  
resistance and receive  
a Free Machine Mat!

AS013 \$99

**ZERO DOWN**  
Payments as low as

**\$40**

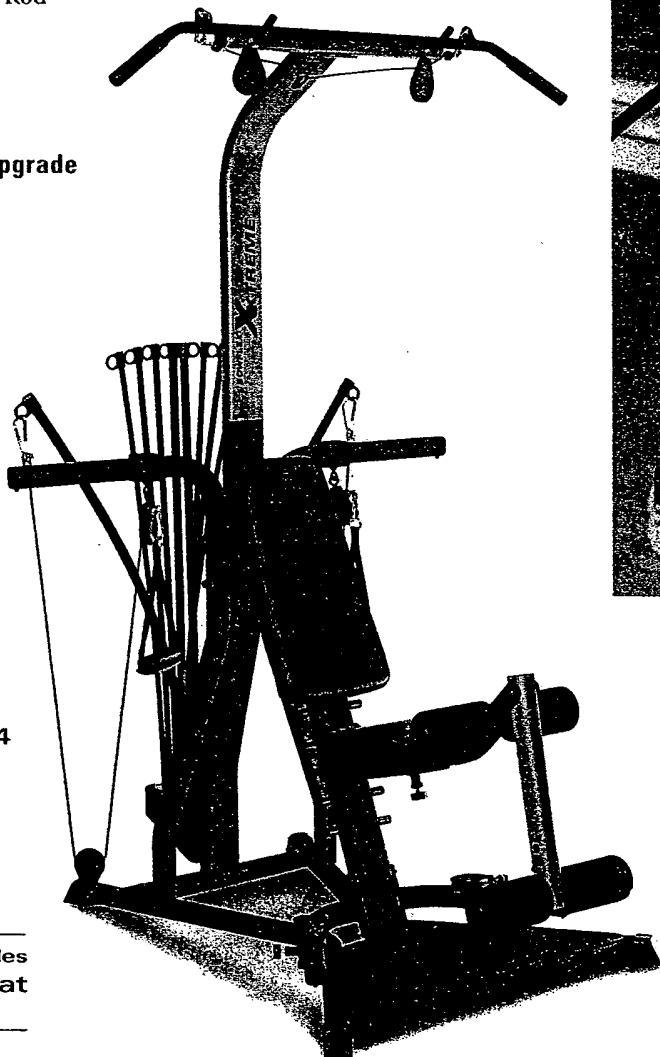
per month.  
See order form  
for details.

**I haven't felt  
this good since  
I was 19!"**

**— Brian Lewis, 44**

Lost 20-lbs. on the Bowflex  
5-Week Challenge

**100-lb. Upgrade Includes  
FREE Machine Mat**  
(a \$99 value)

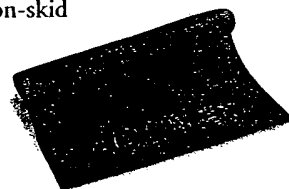


### Bowflex Machine Mat

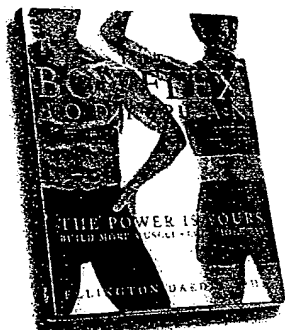
**Add stability and protection  
to your workout area.**

Professional-grade Bowflex Machine Mat is a simple, attractive way to keep your Bowflex stable during hard rowing or vigorous exercise. It also makes your workout area look really slick! Made of thick, non-skid rubber. Measures 37"W x 78"L to fit all Bowflex machines.

AS010 \$99







**The Bowflex  
Body Plan Book**  
Get the 'skinny'  
on achieving  
the ultimate  
Bowflex® body.

This new book is a 'must' for Bowflex users – no matter if you are a newbie or a pro! Insider Dr. Ellington Darden has compiled routines

designed to give you the most from your Bowflex, whether your goals include weight loss, muscle toning or living a leaner, longer life. Illustrations give you step-by-step instructions on how to achieve ultimate fitness – regardless of your experience. Ideal for anyone who desires toned abs, sleek hips and thighs, and overall health. Secret fat-burning food combinations are also included in the complete Bowflex Body Plan Book.

AT126 \$29.95 Hardcover



## You've got the power to change.

### Bowflex Power Pro®

**Our top selling Bowflex: more muscle,  
more convenience.**

- 210-lbs. of Power Rod® resistance (can upgrade to 310- or 410-lbs.)
- Four-position adjustable bench and sliding rowing seat
- Folds and rolls on wheels for easy storage

You know you want it: a better body, more strength — and a machine you can roll away when guests arrive. The Bowflex Power Pro home gym is well-designed for a convenient workout that will pump you up like no other. Perform over 60 exercises for tighter abs, firm legs, strong chest and more. The built-in aerobic rowing feature is great for warming up, cooling down and an overall cardio workout. Comes with leg press belt, workout video, training manual and more to help you get the most from your Bowflex investment. 5-year warranty, plus a No-Time-Limit Power Rod warranty. Measures 64"L x 23"W x 74"H; folded footprint 23"x 26".

AS011 \$999 (\$99)

100-lb. Power Rod® Upgrade AS001 \$99

**ZERO DOWN**  
Payments as low as

**\$33**

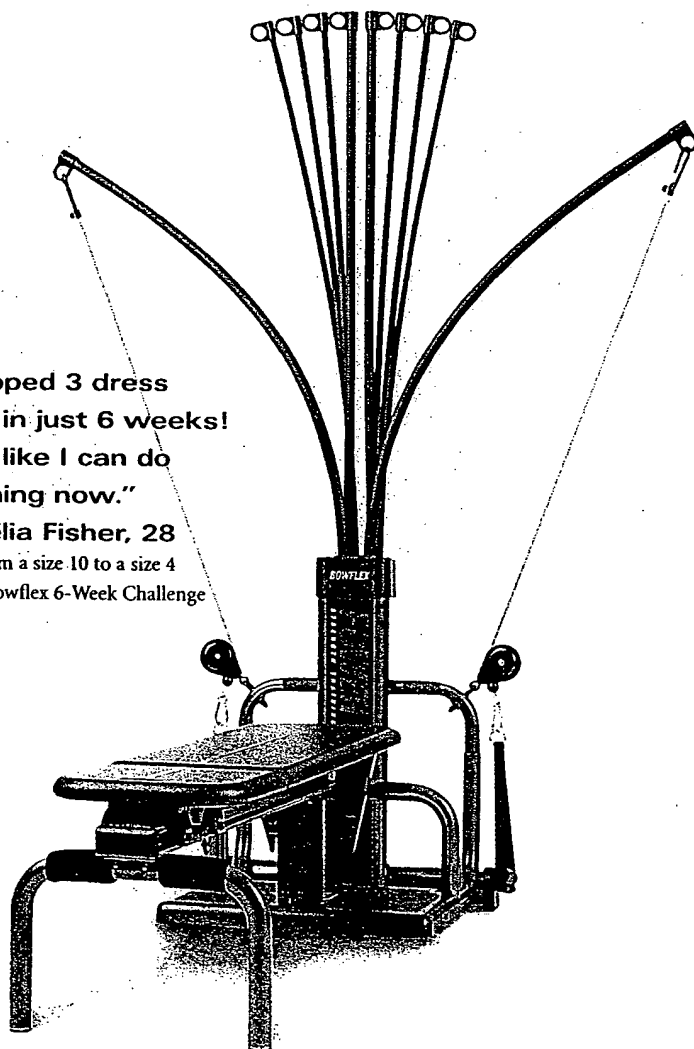
per month.  
See order form  
for details.

For more information go to  
[www.nautiluscatalog.com](http://www.nautiluscatalog.com)

**'I dropped 3 dress  
sizes in just 6 weeks!  
I feel like I can do  
anything now.'**

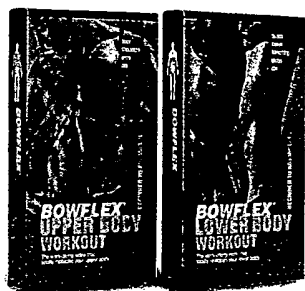
— Melia Fisher, 28

Went from a size 10 to a size 4  
on the Bowflex 6-Week Challenge



**ORDER NOW**

**1-800-436-9892**



### **Bowflex® Upper and Lower Body Workout Videos**

**Focus daily motivation and guidance right where you need it.**

These amazing and easy-to-follow workouts help you target your upper and lower body muscle groups individually, with compact, controlled methods to build a leaner, stronger overall physique. Day 1 focuses on the upper body, helping you gain precision, definition and upper body strength. Day 2 emphasizes strength building and clean form, resulting in a flexible, more powerful core muscle system. VHS only.

Set of 2 AS062 \$39.95

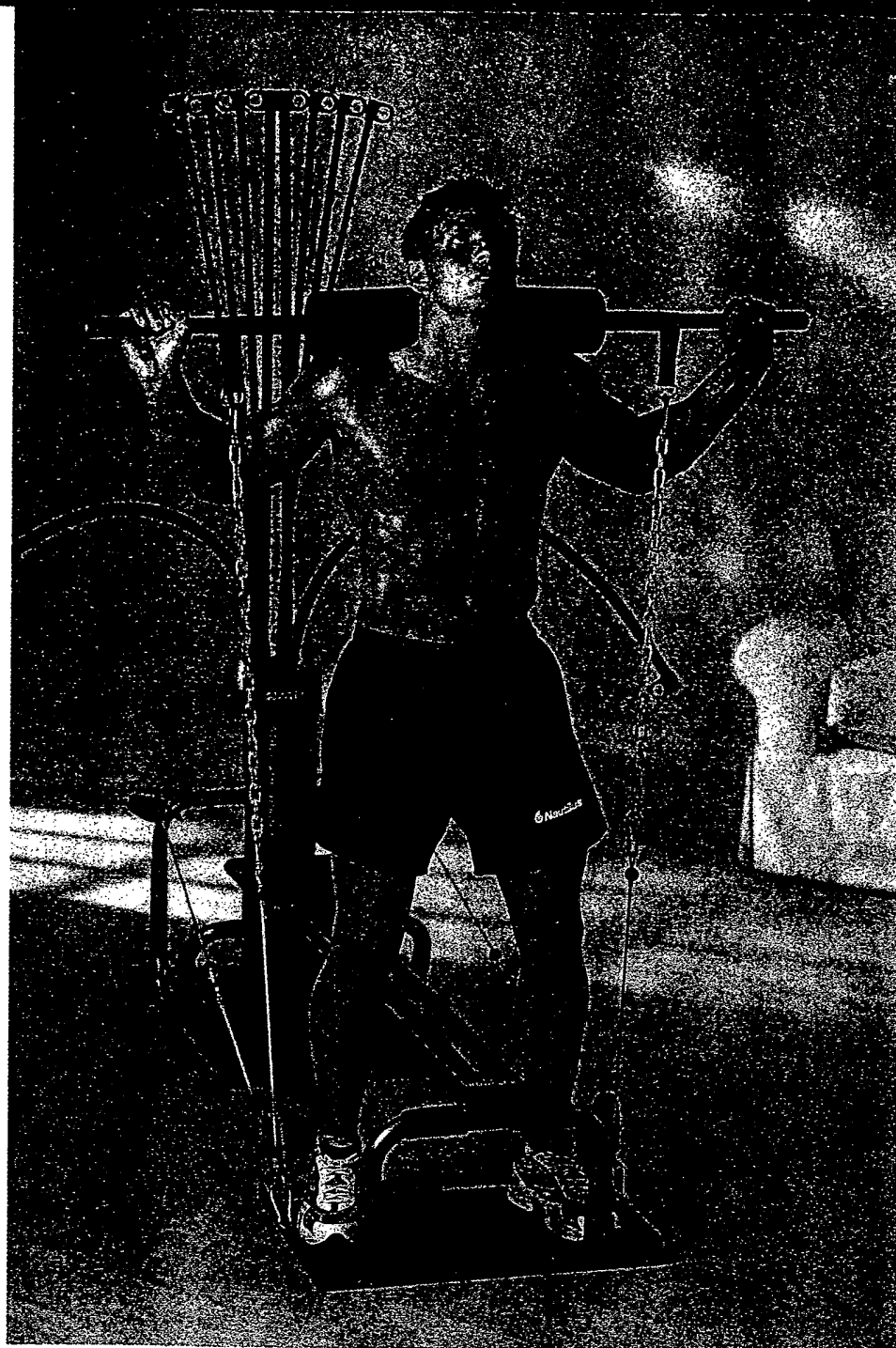


### **Bowflex® T-Bar and Foot Harnesses**

**Easy add-ons make rowing workouts more intense!**

Add versatility to your Power Pro by adding a Bowflex T-bar and Foot Harness – which can boost your workout to blazing calorie-burning levels. They're quick and easy to add on – just clip and row. The position of the T-bar's padded handles makes you feel like you're in a real rowing skull, while the secure foot harnesses help you dig in and row, row, row!

AS044 \$29.95

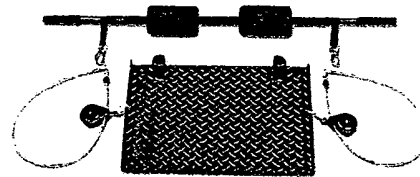


### **Bowflex® Squat Attachment**

**Get more from your Bowflex Power Pro®**

Dedicated lifters know the squat is one of the most effective muscle-building exercises you can do – for your legs and rear end and your entire body. This sturdy Squat Attachment mounts easily to the bench legs of any Power Pro machine for supercharged squats plus the flat bench press, deadlift and more.

AS046 \$149.95

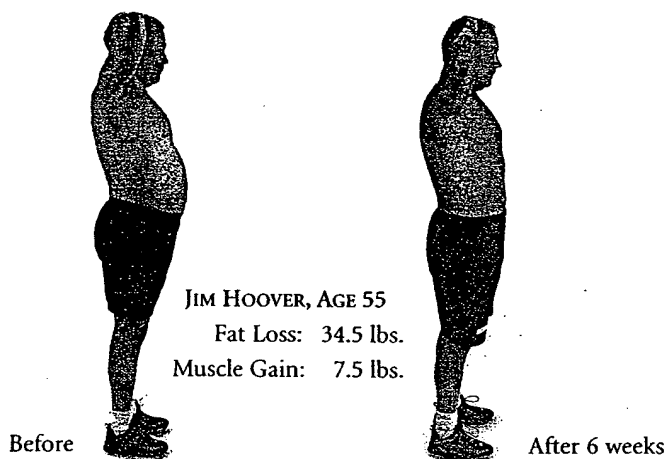


*Squat attachment includes a special bar that's padded so you can lift more—comfortably!*

## Take the **BOWFLEX®** SIX WEEK CHALLENGE

"I reduced my body fat by 33%...and added 7.5 pounds of lean muscle!"

— Jim Hoover, 55  
Bowflex Challenge participant



Want to lose weight, build muscle or just look better in the mirror? With Bowflex, you can totally change your body in as little as 6 weeks, thanks to Dr. Ellington Darden's "Fast Fat Loss Now" program – included FREE with every Bowflex! This simple exercise and nutrition program gives your body what it needs to succeed, and Nautilus backs this promise with a 100% Satisfaction Guarantee! If you're not completely satisfied, we'll refund your money (less shipping and handling; see order form for details).

### Bowflex six-week fitness group average

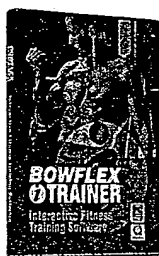
	Fat Loss	Muscle Gain	Weight Loss
Men	27.95 lbs.	3.70 lbs.	24.25 lbs.
Women	16.96 lbs.	2.73 lbs.	14.23 lbs.

All participants followed the Bowflex "Fast Fat Loss Now" program.

### i-Trainer™ Customizable Workout Software The next best thing to a live-in trainer!

Our interactive workout software shows you how to become leaner, stronger and as fit as you want. Evaluates your fitness level and helps you determine your strength-training goals. Guides you through each exercise step-by-step, recording and evaluating your progress and offering tips to get the results you want, faster. Requires Windows 95, NT 4.0, (SP5 or later), 98, 2000, ME, XP, 68 MB RAM, 28.8 modem, and 150+ MB available hard drive space.

AS032 \$59.99

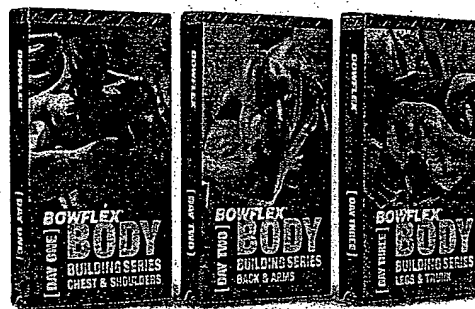


### Bowflex® Body Building Workout Videos

Your total body workout just got easier – and more effective!

Set of three video workouts brings the step-by-step instruction, benefits and motivation of your own personal trainer right into your home. Follow the work-along routines for beginner, intermediate or advanced Bowflex users, in a three-day-on/one-day-off ultra-body-shaping schedule. You'll be amazed how the time will fly – and how pumped you'll feel when you reach your goals! Each day of the total body program focuses on a specific muscle group: Day 1, chest/shoulders; Day 2: arms/back; and Day 3: legs/trunk. VHS only.

Set of 3 AS009 \$49.95



### Champion Nutrition™ Power Creatine

Increase your energy, and strength.

Use 100% high-grade creatine monohydrate to increase muscle density and overall exercise performance. 1,000 grams (200 servings).

AT218 \$39.95 ♦



### Champion Nutrition™ Revenge Sport™

Peak performance without stimulants.

Stay at your peak and restore your energy levels for better endurance. Great-tasting.

Revenge Sport energy drink is made of all-natural ingredients and packed with vital nutrients to keep you going – without losing sleep. 27 servings plus sports bottle. Specify lemon venom or orange oasis.

AT257 \$19.95 ♦



**ORDER NOW**

**1-800-436-9892**



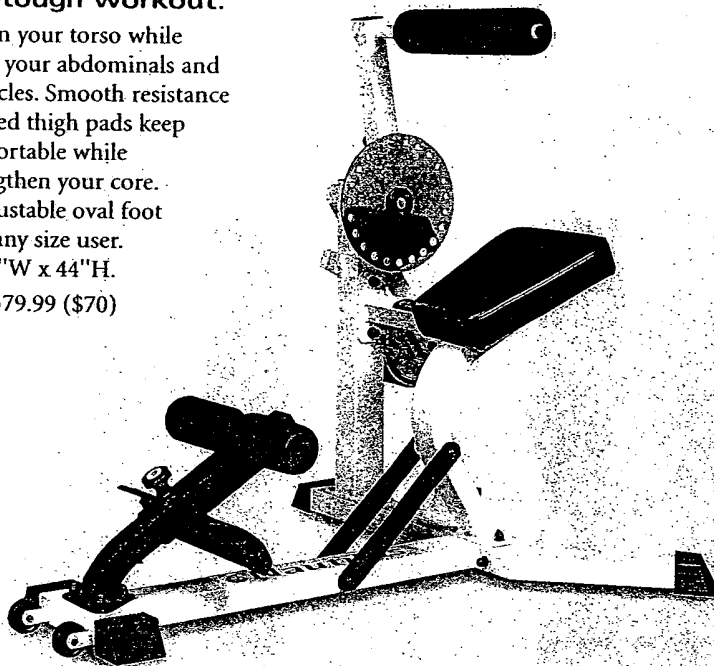
### Rotary Ab/Back Bench

**Exclusive strength curve gives abs and back a gym-tough workout.**

Slim down your torso while you build your abdominals and back muscles. Smooth resistance and padded thigh pads keep you comfortable while you strengthen your core. Easily adjustable oval foot plate fits any size user.

51"L x 41"W x 44"H.

AS050 \$379.99 (\$70)



### Core Body Conditioning: Back and Ab Strength Create a Beautiful Body

A lifetime of good health and great shape is based on strengthening your core muscle groups: your abs and back. A solid core conditioning program will rev up your weight loss and fitness program, and you will quickly see results and be motivated to add new exercises into your core routine.

#### Core strength is easier than it seems.

You don't have to do 500 sit-ups a day to get six-pack abs and a sculpted torso! Strengthen your entire core safely and effectively with a variety of exercises that reinforce abs, obliques (waist), upper back, lower back and glutes (buttocks). And reduce your body fat with a good resistance training program. When you develop your body's core, your performance in other areas of life may be enhanced, from deskwork to weekend warrior sports, to your sex life. And when stress hits, your strong core will thwart muscle injury and dissipate tension instead of the usual response of tightened shoulders that pull your lower back out of whack.


### Adjustable Fitness Bench

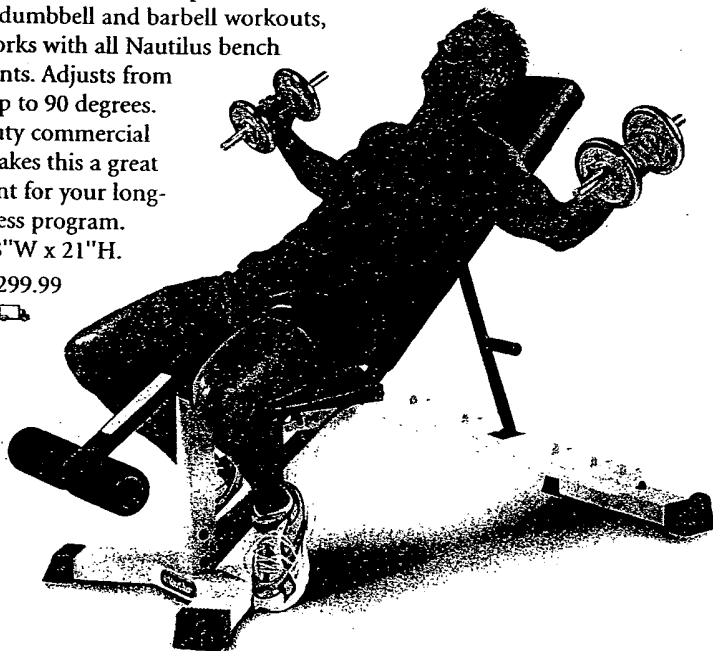
**A versatile bench you'll use every day.**

If you have space for just one workout bench, this adjustable workhorse is the perfect choice. Ideal for dumbbell and barbell workouts, plus it works with all Nautilus bench attachments. Adjusts from decline up to 90 degrees. Heavy-duty commercial design makes this a great investment for your long-term fitness program.

60"L x 28"W x 21"H.

AS005 \$299.99

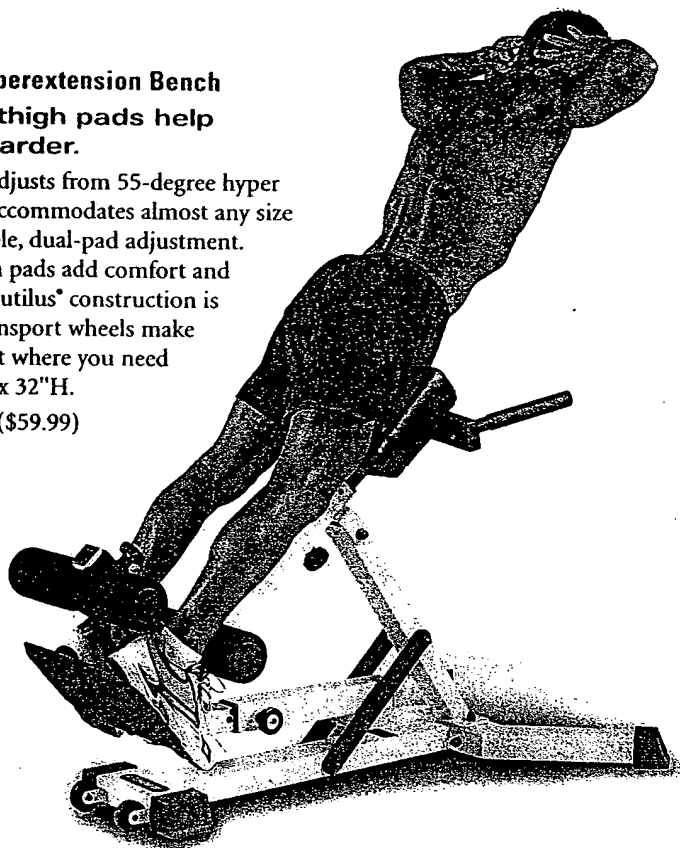
(\$84.99) 



**Adjustable Hyperextension Bench**  
**Contoured thigh pads help you work harder.**

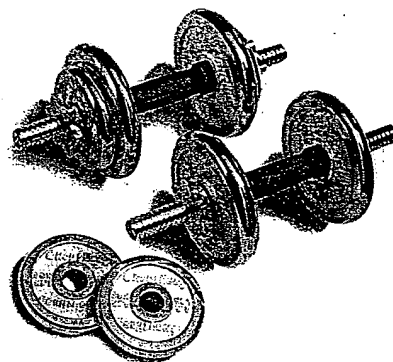
Unique design adjusts from 55-degree hyper to parallel and accommodates almost any size user with a simple, dual-pad adjustment. Contoured thigh pads add comfort and safety. Tough Nautilus® construction is sturdy, while transport wheels make it easy to move it where you need it. 48"L x 33"W x 32"H.

AS007 \$299.99 (\$59.99)



**Chrome 40-lb. Dumbbell Set**  
**Low-weight, high-rep workout – to go!**

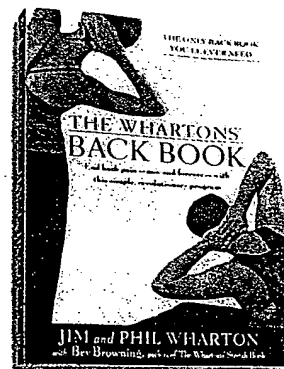
Nautilus commercial-quality free weight dumbbells add a versatile option to your workout. Set includes two spin-lock bars, four collars, four 2.5-lb. plates and four 5-lb. plates. AS061 \$59.99 (\$31)



**The Whartons' Back Book**  
**Stretch and strengthen your way to a healthy back.**

Comprehensive and entertaining guide shows you how to keep your back strong with simple-yet-effective advice and exercises for your busy, athletic lifestyle. Father-and-son training team Jim and Phil Wharton (physical therapists for Olympic medalists and Hollywood stars) help you avoid injury and get relief from back troubles caused by anything from extra pounds to sports, stress, and more.

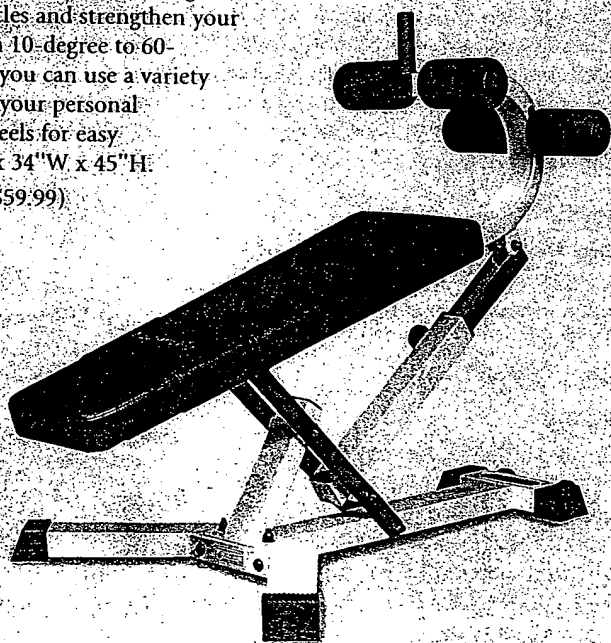
AT128 \$19.95 Softcover



**Adjustable Ab Bench**  
**Work on those washboard abs.**

Adjustable Ab Bench is the perfect way to focus on your middle. Uniquely designed to tighten your muscles and strengthen your core. Adjusts from 10-degree to 60-degree incline, so you can use a variety of angles to work your personal trouble spots. Wheels for easy movement. 56"L x 34"W x 45"H.

AS004 \$299.99 (\$59.99)





Nautilus Cage  
ZERO DOWN  
Payments as low as

**\$26**

per month.  
See order form  
for details.



### Nautilus® Cage

Create your dream gym at home.

Professional-quality cage is the perfect start to your home free weight station. The Nautilus Cage's wide 2' x 4' base provides excellent stability at all times, while the bars and safety spotters adjust quickly and easily. Multiple weight holders provide convenient stacking. Use it alone or add hardworking attachments (below). 68"L x 64"W x 80"H.

AS036 \$749.99 (\$84.99)

### Smith Attachment

Add the Smith Attachment to your Nautilus Cage, and you'll add more strength training options – and more safety. Perform just about any free-weight-style exercise – including presses, squats and curls – with the bar safely locked into a track. Linear bearings and solid steel guide rods allow for smooth, fluid motion, without the need to balance like with free weights. Bar accommodates both Olympic and standard weight plates. 68"L x 81"W x 80"H.

AS052 \$479.99 (\$84.99)

### Pec Attachment

This simple cage addition is a quick and easy way to add serious work on your pecs and rear deltoids. Guide rod system feels smooth and easy.

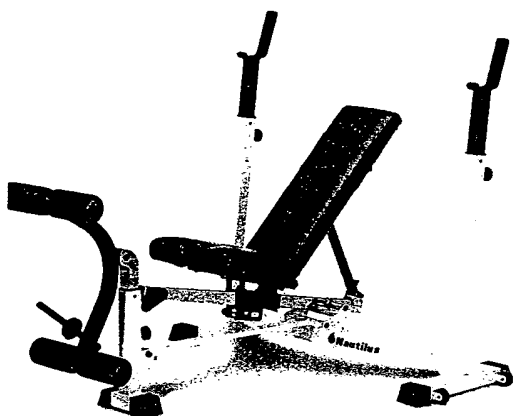
68"L x 64"W x 83"H.

#AS043 \$269.99 (\$84.99)

### Lat Attachment

Concentrating on sculpting your strong back? Nautilus Lat Attachment adds both a high and low pulley workout, with a guide rod system for super-smooth operation. Accommodates a 200-lb. weight stack. Includes low row foot plate for important pre-stretch. 68"L x 64"W x 83"H.

AS034 \$319.99 (\$84.99)



### International Fold-Up Bench

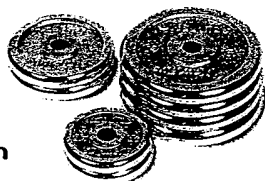
Maximum workout, minimum space.

International Fold-Up Bench quickly adjusts from decline to military with a simple pull pin adjustment. Rolled seat provides excellent pivot positioning during leg work. Extremely sturdy frame features dual wheels so you can move it out of the way between workouts. 77"L x 54"W x 65"H.

AS031 \$399.99 (\$84.99)

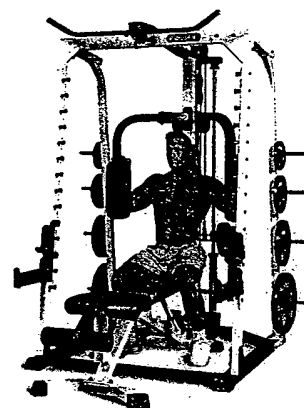
### Chrome Weight Set

Add some heavyweight flash to your routine.

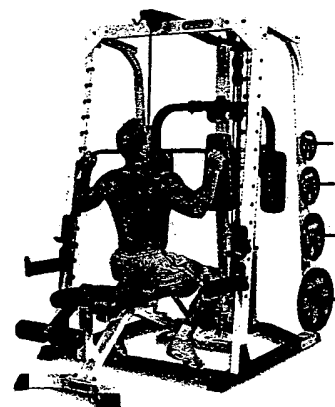


Great-looking chrome weight plates are just like the weight plates used at gyms in your town and around the world. Quality cast iron construction plated with shiny chrome – makes a real statement! Complete 55-lb. set includes four 10-lb., two 5-lb., and two 2.5-lb. plates.

AS016 \$68.99 (\$31)



Smith and Pec Attachments give you even more workout options.



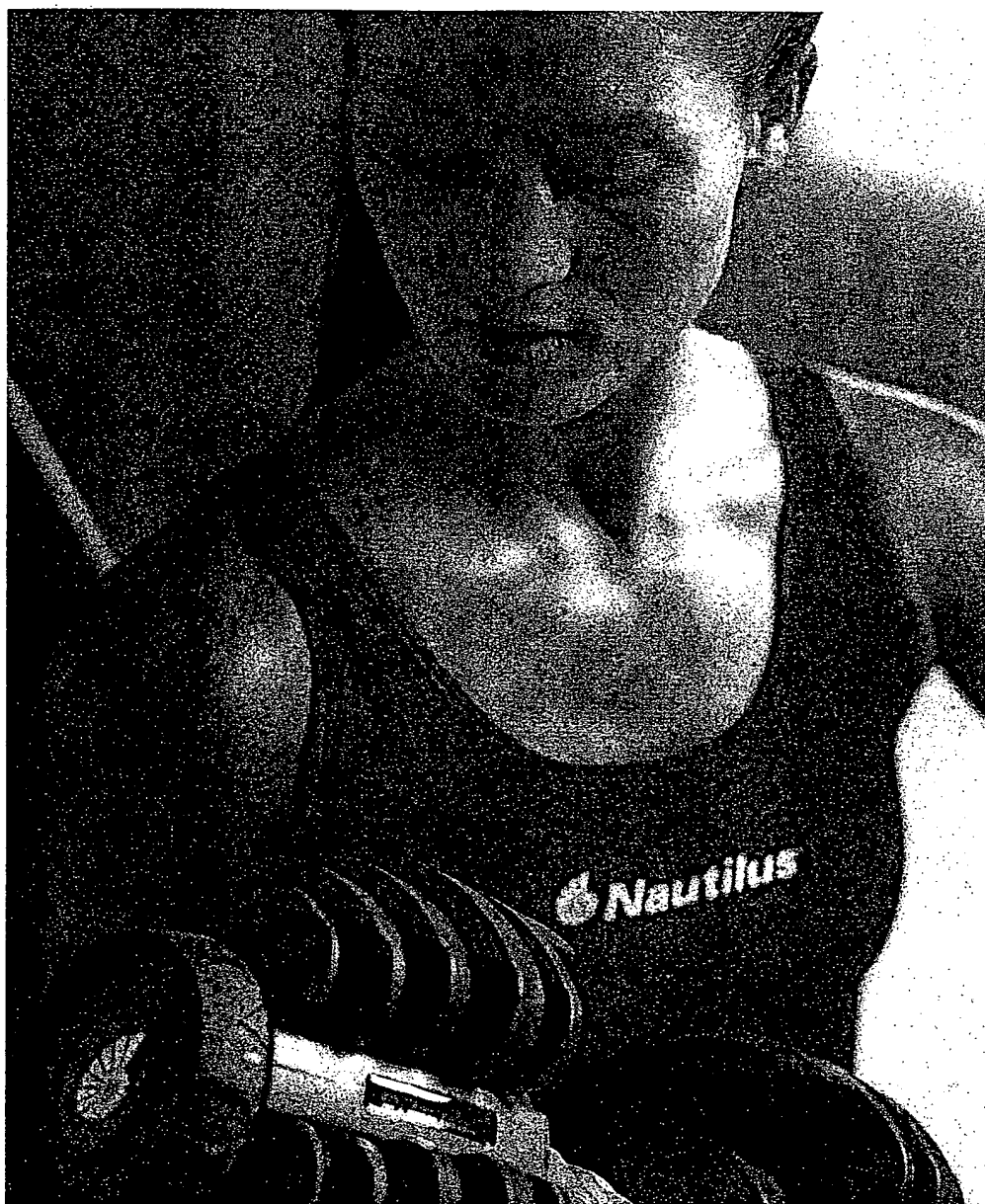
Lat Attachment includes both low and high pulleys.



# Introducing Nautilus® SelectTech™ Dumbbells: the high-tech future of strength training is here.

**Sleek and innovative, SelectTech™ dumbbells  
propel you to exceed your fitness goals.**

The unique design and weight range of SelectTech Dumbbells make them ideal for anyone – beginner to power lifter. They're compact, easier to use, and affordable. And, since they're designed by Nautilus, you know they're going to give you a strength workout better than any other. From 5 to 52.5-lbs. in 15 increments.



## **SelectTech™ Dumbbells**

**Get all the benefits of 15  
separate pairs of dumbbells  
in one easy-to-use set.**

A patent-pending locking mechanism allows you to dial-in the weight you want and the correct weight plates are securely and safely locked into position – automatically. The cutting edge design features a sleek look that comes from the unique injection-molded plastic cover. In addition to adding style, the plastic cover means SelectTech Dumbbells won't clank and clatter when they are set down, and won't scratch floors or other surfaces. And no matter how sweaty the workout gets, the Nautilus SelectTech is protected from corrosive rust. (Stand sold separately.) Get a full weight set in the space of two ordinary dumbbells. Get Nautilus SelectTech.

Pair AS038 \$299 (\$59.99)

Stand AS065 \$129 (\$34.99)

**ORDER NOW**

**1-800-436-9892**



### Cross Trainer Gloves

**Get a grip for better workouts.**

Reinforced thumb pad and four-way stretch top protect your hands and give you more comfort as you lift. Non-slip palm pad features the Nautilus® shell pattern. Lightweight and fully adjustable. Machine wash.

Sizes XS-XL AT259 \$13.99

Size XXL AS025 \$14.99



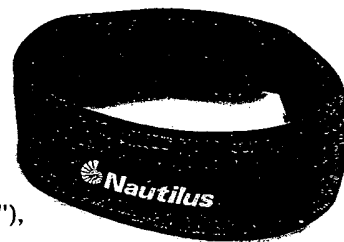
### Nautilus® Workout Belts

**Lift safely, every time.**

Lightweight design means you won't feel hampered by added bulk. Made of heavy-duty, top-quality nylon, with hook and loop fasteners that adjust fast for a comfortable fit.

Choose Small (31"), Medium (38"), Large (45") or Extra Large (52").

AT260 \$24.95



### Power Wraps

**Protect and support your knees and wrists.**

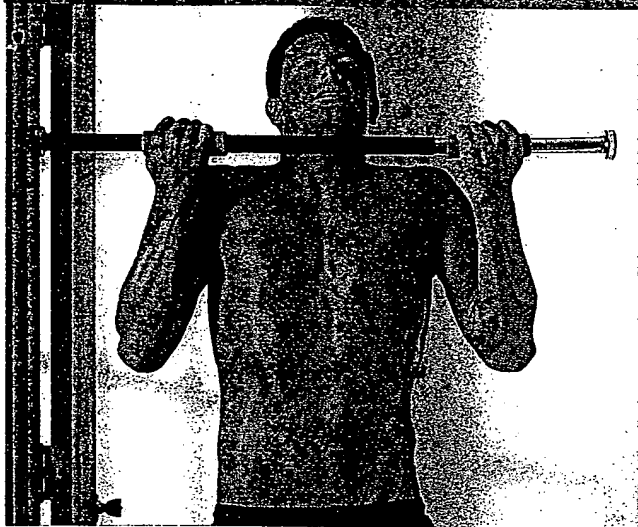
Help prevent joint injuries during weight lifting, racquet sports and basketball. Nautilus Power Wraps are made of tough and breathable cotton elastic with a secure hook and loop closure, giving you room to maneuver without taking chances.

Wrist Wraps/Pair AS060 \$5.99

Knee Wraps/Pair AS033 \$15.99

**ORDER NOW**

**1-800-436-9892**



### Door Chin-Up/Pull-Up Bar

**Got a doorway? Get pumped.**

Add a terrific upper body workout to any doorway with the sturdy and convenient Nautilus Chin-Up/Pull-Up Bar. Made of sturdy chrome-plated steel with comfortable hand grips. Easy to install with screw-in brackets (included). Fits doorway up to 32" wide.

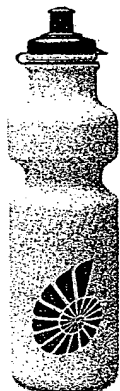
AS028 \$19.99

### Nautilus® Water Bottle

**Stay hydrated. Stay healthy.**

Keep water close at hand and make sure you get enough to drink during every workout. Convenient Nautilus logo water bottle has an easy-grip design and holds 22 oz. Fits securely in most exercise equipment bottle holders. 10-1/4" tall.

AC034 \$3.49

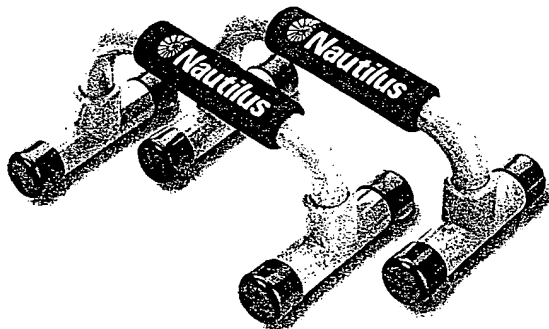


### Push-Up Bars

**Make your push-ups even better.**

Nautilus Push-Up Bars make your push-ups even more effective by allowing deeper dips for longer, stronger muscles. Comfortable foam hand grips reduce stress on your wrists, and protective non-skid feet keep you relaxed and secure. Also great for reverse push-ups.

AS049 \$12.99

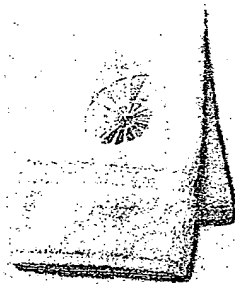


### Nautilus® Towel

**Keep dry in Nautilus style.**

Work up a good sweat, then dry off with our super-absorbent 100% cotton towel. Features the distinctive Nautilus shell logo appliquéd on front. Keep a supply on hand for slip-free workouts. White. 19-1/2"x33"

AS037 \$9.95



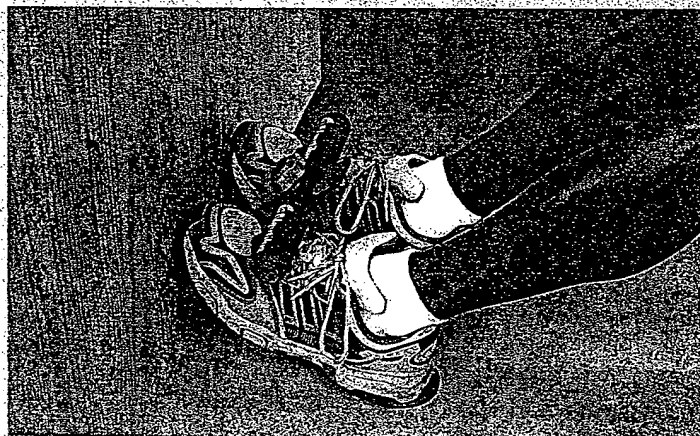
### Funk Out

**Smell fresh, no matter how hard you work out.**

Natural aromatherapy combines with gentle cleansers for a body wash and foot spray that's good for your mind as well as your skin. All-natural ingredients help skin recover from physical activity, while herbal oils and extracts like peppermint, green tea leaf and grapefruit seed relax your mind. Funky Feet Spray kills odor-causing bacteria and helps prevent athlete's foot. 100% biodegradable.

Body Wash AS030 \$7.95

Funky Feet Spray AS066 \$4.95

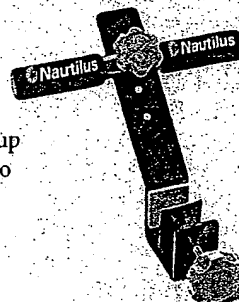


### Sit-Up Bar

**Make every sit-up count even more.**

Here's a simple tool that can help you get an even better workout from your sit-up routine. Sit-Up Bar works with any door to support your feet for proper sit-up form. Adjusts to three positions for a varied ab workout. Made of enamel-coated steel.

AS051 \$12.99



## Nautilus® Sleep Systems for the athlete in you.

### Great Health Begins with Great Sleep

No matter how committed you are to a workout routine that includes cardio, strength and flexibility training, in order to be truly fit and healthy, make sure you're getting the rest your body needs.

Coaches and elite athletes know how adequate rest improves the health of your muscles and body overall. It also affects your well-being, moods, behavior, energy level, memory, ability to fight colds and other disease – in effect, your happiness. After an active day exercising or playing sports, better sleep – not necessarily more sleep – is the key to real fitness.

**It took the fitness experts at Nautilus® to design a mattress especially for the active body.**

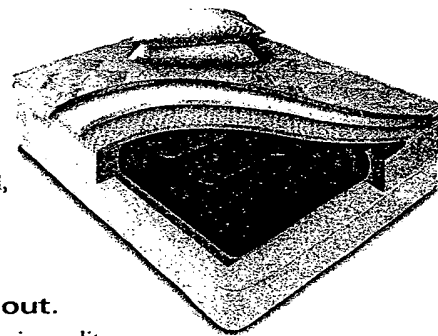
If you spend your days getting in shape, shouldn't your nights support your healthy lifestyle, too? Nautilus® guarantees you can wake up feeling refreshed, alive, and ready for anything every morning, with the scientifically-developed Ultimate Series Mattress from Nautilus® Sleep Systems.

**Designed for comfort, from the inside out.**

Nautilus® Sleep Systems' revolutionary design combines six quality bedding products into a superior sleeping surface, an adjustable comfort-enhancing core and a sturdy support structure. The result is one amazing mattress that's guaranteed to let your muscles and joints really rest, so you get the best sleep you've ever had.

**Made for your body's shape.**

The heart of Nautilus® Sleep Systems is the combination of adjustable interlocking air mattress plus a foam comfort layer that molds itself to your own body's shape and weight. You'll get relief from uncomfortable pressure points, and feel cradled in soft support.



### You'll feel the difference in just one night.

Nautilus® Sleep Systems has unlocked the science of comfort, no matter how hard you work your muscles. The luxurious solution gives you deeply restful nights and more productive days. Endorsed by the Congress of Chiropractic State Associations, this amazing combination of cushioning and adjustable support is truly revolutionary.

### Removable, cleanable pillow-tops make a better bed.

Change your pillow-top to suit your comfort level or the changing seasons. The Ultimate Series comes with a wool pillow-top for warmth on chilly evenings, plus a silk pillow-top for a cooler, more breathable sleeping surface in warmer weather. An optional ultra-cozy cashmere-blend pillow-top is also available. All are dry-cleanable to remove allergy-inducing particles.

### Plush foam layer reduces tossing and turning.

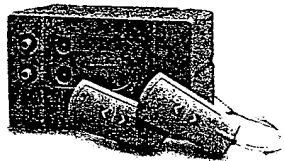
Made from the material originally developed by NASA to keep astronauts comfortable on long space missions, the thick visco-elastic foam layer molds itself to your body to evenly distribute your weight and improve circulation – critical for building muscle tissue and endurance.

### Custom support for your body and your partner's.

Nautilus® Sleep Systems feature exclusive dual interlocking air chambers. Each sleeper simply touches a button to adjust the firmness of their side of the bed – without affecting the other side at all. You both get custom support! And special contour-cut rails hold their rigid shape, even when you sit on the edge of the bed.

### Complete control is at your – and your partner's – fingertips.

Convenient remote controls let you silently adjust the firmness on your side of the bed, so you're always comfortable. Two sleepers, with different height, weight and sleeping positions? No problem – you'll both get the rest you need, without disturbing the other. For nighttime convenience, controller sleeves mount on your wall or nightstand to keep your remote within easy reach.



### HOW LACK OF SLEEP AFFECTS US

A National Sleep Foundation survey shows 37% of adults report a level of daytime drowsiness that interferes with daily activities. Of that 37%:

- 30% report sleepiness interferes with job performance
- 25% say it interferes with their family duties
- 28% say it interferes with their social lives
- 29% say it interferes with family/friend relationships
- 37% say it interferes with leisure/recreation activities

SOURCE: NATIONAL SLEEP FOUNDATION

### Nautilus® Sleep Systems: the only mattress designed for the active lifestyle.

Removable Pillow Top

Visco Elastic  
Foam Comfort Layer

Center Ticking

Comfort  
Vent  
Foam

Dual Air Support  
Chambers

Comfort  
Control System

Contour Cut  
Support Rails

Nautilus  
Foundation

Far from being a "simple" bed, Nautilus® Sleep Systems are the only beds designed and engineered for active people, giving you balanced, uniform support over your entire body. You'll sleep deeper and more soundly from the very first night!



"For the first time in our lives – and we've been married 30 years – she can have her side of the bed the way she wants it and I can have my side of the bed the way I want it."

— Chuck Borgia  
Gates, OR



"Compared to a coil spring mattress, Nautilus Sleep Systems is wonderful. It makes a huge difference in the amount of sleep you get, the quality of sleep you get and the amount of rest you get."

— Carrie Wolfe  
Dixon, MO

**ORDER NOW**

**1-800-436-9892**



# Nautilus® knows how to give you the rest you need.

**You worked your body hard today — you deserve the ultimate night's sleep!**

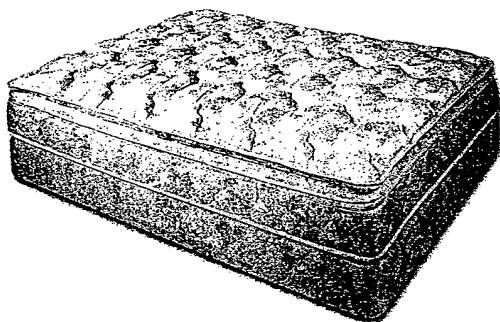
Nautilus Sleep Systems offers a healthy bed like no other — The Ultimate Series. From the moment you lie down, your muscles will feel cushioned by the pillow-top and cradled by the memory-foam. Want the bed a little softer? Simply push a button and the exclusive, patent-pending interlocking support chambers silently add or release air, adjusting to your desired comfort level.

**Cradle your tired body in thick support.**

The adjustable air chambers are topped by a 1-1/2" thick layer of visco-elastic foam plus an additional 1-1/2" layer of convoluted foam. Comes with two removable pillow-tops — wool blend for cooler-weather months and silk blend for warm-weather sleeping — which can be removed completely for an extra-firm top. Surrounded by premium quality Belgian damask ticking.

**Comfort for two.**

The Ultimate Series features a dual internal comfort control system featuring two direct-connect programmable controllers with convenient remote holders.



Ultimate Set  
Queen Size  
ZERO DOWN  
Payments as low as

**\$70**  
per month.

See order form for details.

## The Ultimate Series.

The Nautilus Foundation, crafted by one of the nation's leading furniture manufacturers, delivers rigid stability and strength to give you the best relaxation possible. Coupled with The Ultimate Series' two adjustable air-filled support chambers and two types of scientifically-engineered foam, you'll drift off into dreamland feeling as if you are sleeping in a cloud!

Full Mattress & Foundation Set, 54" x 75"

AR012 \$63/month or \$1,873.99 (\$199)

Queen Mattress & Foundation Set, 60" x 80"

AR013 \$70/month or \$2,123.99 (\$199)

California Queen Mattress & Foundation Set, 60" x 84"

AR009 \$70/month or \$2,123.99 (\$199)

Eastern King Mattress & Foundation Set, 76" x 80"

AR011 \$84/month or \$2,573.99 (\$199)

California King Mattress & Foundation Set, 72" x 84"

AR006 \$84/month or \$2,573.99 (\$199)



## Try Nautilus Sleep Systems for 90 nights.

Find out how it feels to sleep better than ever before. Try the Ultimate Series for 90 nights in the privacy of your own bedroom.



We know you'll appreciate the quality, luxury and comfort that come from our scientifically-developed sleep system. But, if you're not 100% satisfied simply call us to return the sleep system and we'll refund your money (less shipping and handling). See order form for details.

## Additional Pillow-Top

Add an extra pillow-top for ultimate convenience and comfort. Unlike pillow-tops on even the most premium ordinary mattresses, ours are removable to change comfort level or for dry cleaning.

### Cashmere

Full AR023 \$159.99

Queen AR019 \$199.99

California Queen AR008 \$199.99

Eastern King AR026 \$249.99

California King AR005 \$249.99

### Silk

Full AR022 \$159.99

Queen AR017 \$199.99

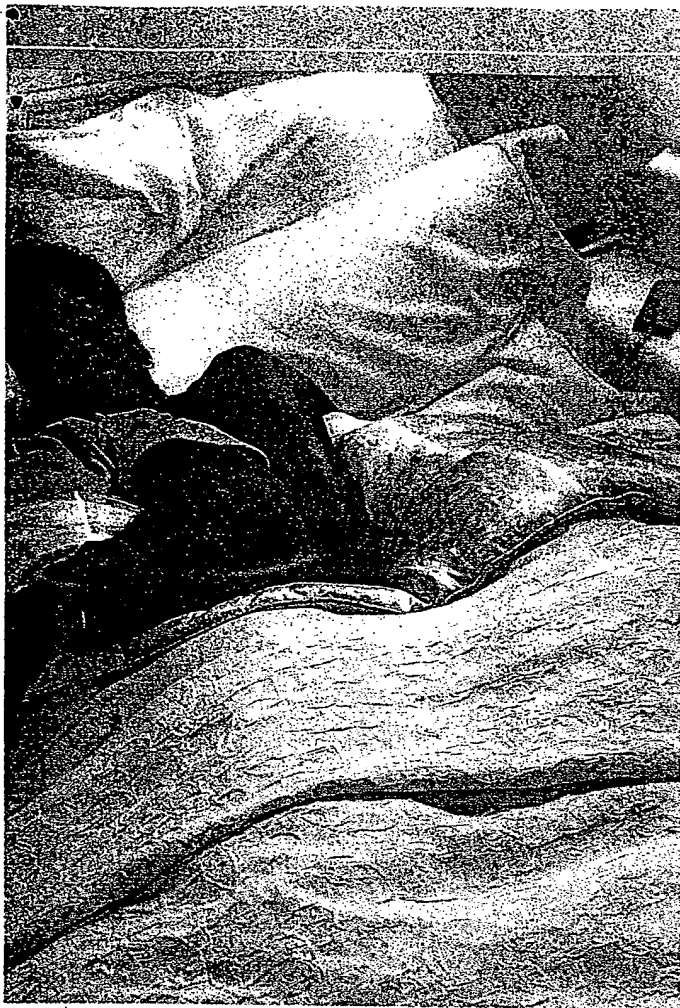
California Queen AR004 \$199.99

Eastern King AR025 \$249.99

California King AR003 \$249.99

Shipping and handling (\$49)





**BEFORE: Lying on an Uncomfortable Sleeping Surface**

OTHER SLEEPING SURFACE	DISCOMFORT
	<p>This map shows a very uncomfortable sleeping surface.</p> <p>Notice the red areas that indicate high pressure points which cause you to toss and turn, interrupt your sleep and remove all the life-improving benefits of sleep.</p>

**AFTER: Lying on a Nautilus Sleep System**

ULTIMATE SERIES MATTRESS	COMFORT
	<p>This map shows a very comfortable sleeping surface.</p> <p>Notice the large areas of blue and green which indicate the Nautilus Sleep System is working to give you deep, satisfying, uninterrupted sleep.</p>

### Visco Comfort Layer

**Add a thick layer of memory foam to any mattress.**

Visco-elastic foam layer measures 1-1/2" thick. It contours to the shape of your body and feels soft – even on a bed offering firm support. Proven to improve circulation, reduce stiff joints and eliminate sleep-killing tossing and turning. Add to any standard mattress.

*Visco Comfort Layer*

- Full AR021 \$299.99
- Queen AR016 \$399.99
- Calif Queen AR010 \$399.99
- Eastern King AR024 \$499.99
- Calif King AR007 \$499.99
- Shipping and handling (\$49)



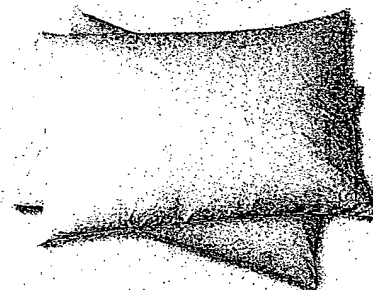
### Foss-fill™ Pillows

**The luxury of down without the feathers.**

Now you can nestle your head into a soft, feather-like pillow, without the scratchy quills or possible allergens. Our super-comfortable Foss-fill pillow is made of a hypo-allergenic synthetic fiber that fluffs and feels like down.

Provides ideal support for your head and neck, for a better night's sleep. Non-allergenic construction is perfect for people who are sensitive to down.

- Standard AR015 \$49.99
- Queen AR018 \$59.99
- King AR020 \$69.99



### Visco Pillows

**Plush memory foam for ultra support.**

Nautilus Contour Pillow is made of the same visco-elastic foam as the comfort layer in our Ultimate Series bed.

Ergonomically designed specifically for back and side sleepers, with a shape that supports your head and neck where other pillows can't. Visco foam molds exactly to the shape of your head and neck, reducing pressure points. Available in standard size only.

AR014 \$125



**ORDER NOW**

**1-800-436-9892**



## Human Touch Technology® Massage Chair

**Pamper your body and dissolve tension with the chair that's better than a personal massage therapist.**

The remarkable Human Touch Technology® Massage Chair gives a massage so real, so therapeutic, it's even *better* than going to a massage therapist. Why? Because it's in your own home, always ready, so your sore muscles can enjoy soothing personal attention any time, day or night.

**The first massage chair endorsed by chiropractors.**

The most advanced massage chair ever made, the HTT Massage Chair uses a patent-pending mechanism that works like "wrists, arms and hands" to knead away tension, stress and

overexertion. The unique curve track follows the natural s-curve contour of your spine so you get an especially effective massage in the cervical (neck) and lumbar (lower back) regions. The HTT Massage Chair applies techniques used by massage therapists and chiropractors: compression, rolling, kneading and percussion. You'll especially love the rotating calf and foot massage built in to the footrest – *aaaahhhh*... what an amazing feeling after a long run or grueling fitness

workout! Variable speeds and range control give you dozens of possible combinations. Or, choose from two pre-programmed 15-minute massage sessions. Includes power recline and adjustable shoulder height from normal to tall. More than just a piece of furniture, the HTT Massage Chair lets you sit, swivel, recline, read or watch TV, while your tension melts away. 66"L x 28"W x 34"H.

**AR041 \$1,799 (\$150)**



Reclining Leg Rest



Leg/Foot Massager

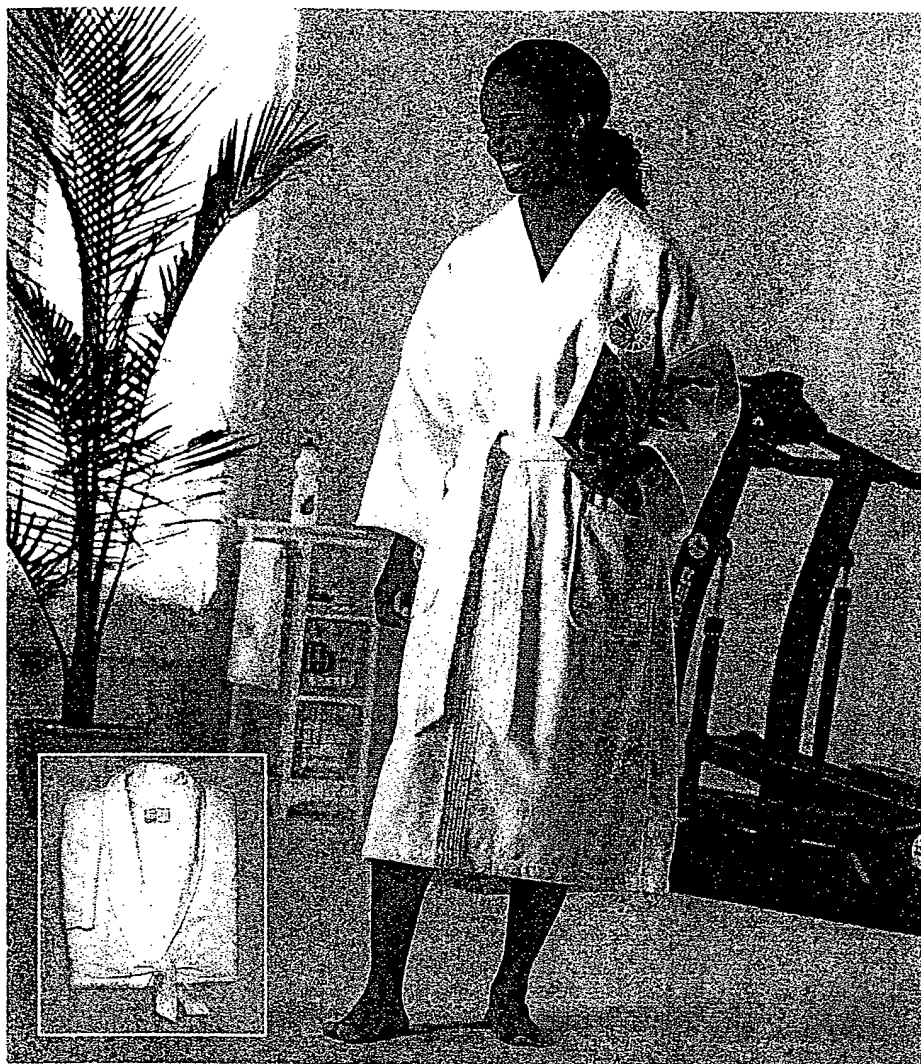
**ZERO DOWN**  
Payments as low as

**\$60**

per month.  
See order form  
for details.

**Experience Our  
Realistic Human  
Touch Technology**

For more information go to  
[www.nautiluscatalog.com](http://www.nautiluscatalog.com)



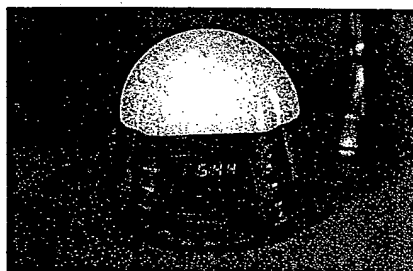
### Nautilus Robes

**Wrap yourself in a luxurious spa-style robe.**

Our luxurious Kimono-style robe is made of absorbent 100% cotton velour terry. At 48" long, it features long sleeves, deep pockets and coordinating belt. Available in S, M, L, XL. For men or women. Imported.  
Terry Nautilus Robe (on model)  
AR030 \$49.95

The Nautilus shawl-style robe is lined with lightweight 100% polyester microfiber, while the exterior features a cotton/poly knit – perfect for relaxing after a hot shower! 52" long for men or women. Available in S, M, L, XL. Imported.

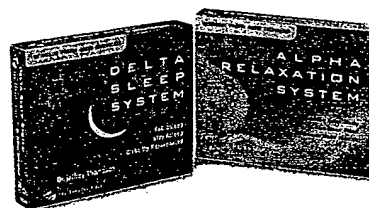
Microfiber Nautilus Robe (inset)  
AR029 \$89.95



### Soleil Sun Alarm

Sun Alarm Clock simulates sunlight to trigger your body's internal clock and wake you gently. Optional beep alert signals wake-up time. Includes digital display, AM/FM radio, snooze. Uses 40W light bulb (not included). 4"L x 9"W x 6"H.

AR050 \$129



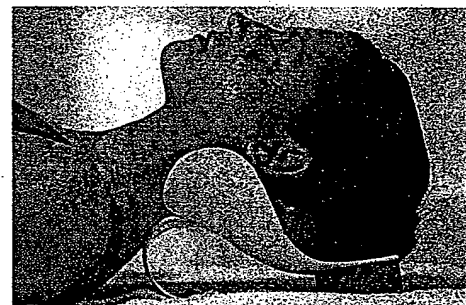
### Neuroacoustic Relaxation and Sleep CDs

**Fall asleep, stay asleep, wake refreshed.**

Scientific breakthrough combines specially-engineered frequencies and soothing music in 2 CD sets. Relaxation system calms your mind, while the Delta system helps you sleep deeper and better.

Relaxation AR045 \$19.95 (Set of 2)

Delta Sleep AR046 \$19.95 (Set of 2)



### Doctor Riter's REAL-EaSE®

**Gently support your neck.**

Slight cervical traction releases kinks, melts tension and helps you relax, giving you relief from stressed muscles in as little as 30-60 seconds. Just a few minutes morning or night, and you'll feel better throughout your shoulders and entire back.

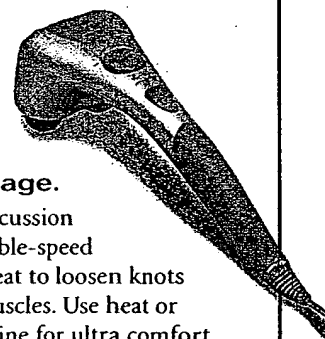
AR042 \$39.95

### Medisana® Mega Infrared Massager

**Treat your tired, sore muscles to a deep-heat massage.**

Medisana's high-tech percussion massager combines variable-speed intensity with infrared heat to loosen knots and relax overworked muscles. Use heat or vibration alone, or combine for ultra comfort. Anti-slip handle allows for maximum control, so you get relief right where you need it. Extra-long 10-foot cord. 17"L x 5-1/2"W x 5"H.

AR044 \$79.95



**ORDER NOW**

**1-800-436-9892**



## ***It's official: home exercise equipment increases weight loss.***

A recent Brown University study of home exercise equipment shows that women with equipment in their home lose twice as much weight as those without exercise equipment at home.\* Surprising? Not to us at Nautilus. We've known the truth for a long time: Home exercise equipment works!

What's the secret? In short, convenience. In other words, when your gym's at home – you'll use it. Throughout this catalog, we

offer you plenty of options to fit your fitness goals, your space and your wallet.

Choose the innovative new Nautilus TreadClimber on pages 4-7 for the best-ever, fat-blasting, calorie-burning workout you've ever tried. Or, choose from our selection of high performance indoor cycles from Nautilus or Schwinn (pages 8-11). Want to focus on strength training? Bowflex (page 36-41) can't be beat! And Nautilus Strength

Systems (pages 30-35) offer flexibility to meet your changing needs.

Whatever your goals, we'll help you reach them. Call our fitness advisors at 1-800-436-9892 and we'll help you choose the right home equipment for you.

\* The Journal of the American Medical Association, October 27, 1999.



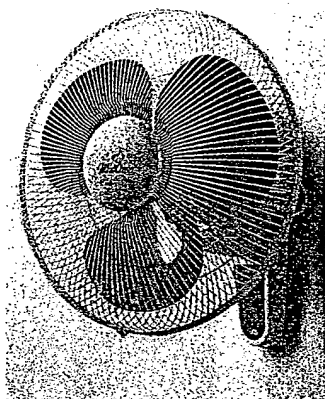
# Outfit your home gym for better workouts.

## Remote-Control Wall/Ceiling Fan

### Make your workouts a breeze!

Keep your cool while you exercise. Wall- or ceiling-mounted fan comes with a remote control so you can adjust the breeze without interrupting your workout. Ten speed settings. Auto shut-off timer can be set for 1-8 hours. Includes easy-mounting bracket.

AR053 \$79.95



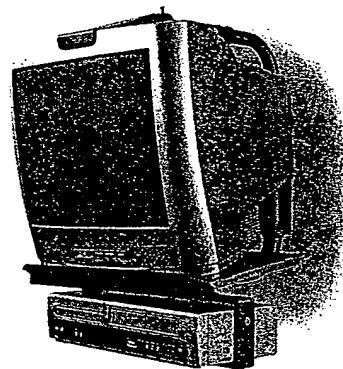
## TV and VCR/DVD Mount

### Put your TV up where you can see it!

VisionClamp™ wall mount holds any 19"-27" TV up high so you can watch while you exercise. Made of sturdy, reinforced steel. Adjustable platform for perfect viewing from any angle. TV mount tilts down/up and swivels 120°. UL rated up to 130 pounds. Optional DVD/VCR mount attaches to the TV Mount to hold a standard VCR, DVD, DSS or cable box. Pivots independently 180°.

TV Mount AR052 \$99.95

DVD/VCR Mount AR051 \$39.95

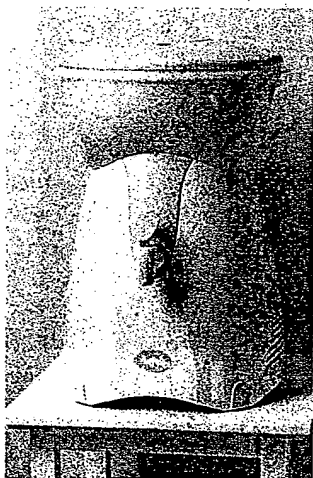


## Water Cooler/Filter

### Fresh, cold, clean water in your home gym.

White countertop dispenser filters water through an onboard filtration basket and filter to remove chlorine, rust, herbicides, pesticides and up to 98% of lead. Patented cooling system chills water to a refreshing 36°-42°F. Holds up to 1.7 gallons. 1-year warranty. Includes one NSF approved filter good for 100 gallons.

AR001 \$129



## Sennheiser® Wireless Headset

### Exercise to music, TV or movies.

Enjoy crystal-clear sound from your radio, CD player or TV while you exercise. Top-of-the-line wireless headset features exclusive HiDyn

Plus noise reduction so you won't miss a beat and you'll only hear the sounds you want to hear. You can even listen to your stereo or TV from another room! Includes two NiMH rechargeable batteries and charging base.

Noise Canceling Wireless Headset  
AR047 \$299

Standard Wireless Headset  
AR048 \$229

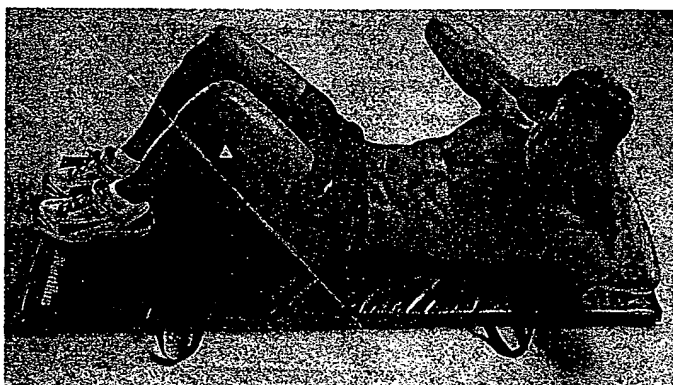


## Cushioned Workout Mat

### The perfect spot to workout: anywhere!

Sturdy foam padding with a durable, soft vinyl cover. Extra large size accommodates all users and a wide variety of exercises. Folds for storage. Includes handles for easy transport. 24" x 60".

AR028 \$49.99

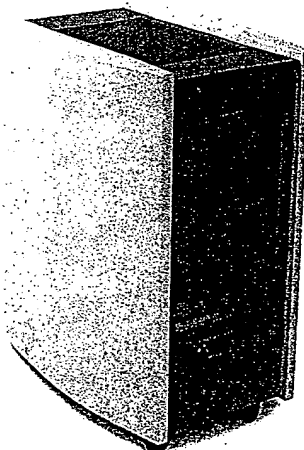


## BlueAir® HEPA Air Purifier

### Surround yourself with cleaner, healthier air.

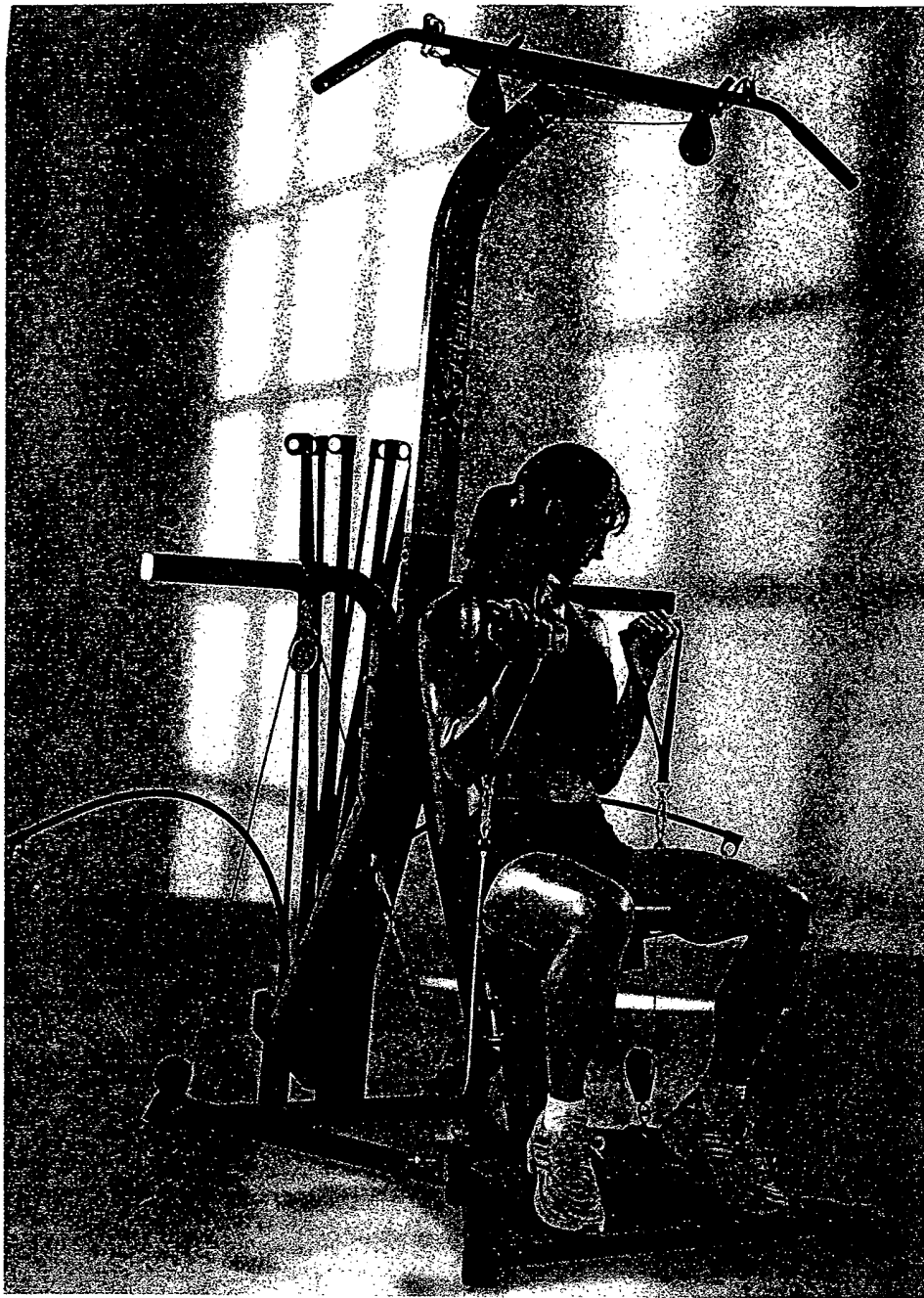
Remove dust, pollen and smoke from the air with this portable HEPA Air Purifier – perfect for your workout room, bedroom or any room measuring 500 square feet or less. Provides excellent 99.7% filtration per .1 micron. Award-winning Swedish design is ultra quiet. Four speed control. 10-year limited warranty. 26"H x 20"W x 13"D.

AR002 \$499



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### **Bowflex® Xtreme™ XTLU**

**Packed with options,  
so you can get the workout -  
and the results - you want.**

Take your Bowflex workout to the Xtreme. Designed for serious strength training, the Xtreme XTLU gives you the versatility of over 65 gym-quality exercises. See page 38 for more info!



### **Nautilus® SelectTech™ Dumbbells**

**It's like an entire weight room  
in one compact set!**

Short on space? Here's a high-tech idea that really makes sense. Each Nautilus SelectTech Dumbbell provides a weight range from 5- to 52.5-lbs., in 15 increments, for a variety of strength workouts. See page 45 for more info!



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